Health Week-1915

NEGRO HEALTH WEEK PROGRAM ATTRACTED WIDE ATTENTION

The Savannah Tribune

MASS MEETING TOMORROW AT F. A. B. CHURCH.

Local Negro Doctors Contribute Much to Success of Meetings—Several Prominent White Citizens Gave Their Assistance—Urban League's Headquarters Crowded Each Night.

That the series of meetings held at the headquarters of the Urban League in the celebration of National Negro Health Week, the movement started by Dr. Booker T. Washington and observed this week throughout the southland, were a great success from every point of view and that much good will result from them is the opinion of every one who attended the three meetings held this week. At no time within the recollection of the oldest citizens has so much concern been manifested in the health of the race in this city as during the present week, and this interest was confined to no particular class os citizens.

There have already been three meetings held, Monday, Wednesday and Friday nights and at each night every available seat in the League's headquarters was taken. The hall in which the meetings were held was attractively fitted up by the ladies of the league, and the piano used was lent by the J. S. Banks Musical Company, Bull and State streets.

Dr. Brunner and Bishop Reese were the principal speakers at the opening exercise of the week's program. The ceremonies also marked the opening of this recently renovated hall as the regular general headquarters of the League, this being the first meeting.

Dr. Brunner said in part, "I told the delegates at the National Convention, comprising representatives from all over the U. S. and Canada, recently held in Jacksonville, that contrary to the general charge, the Negro is not a vagrant; he is a worker He is not beset with the hookworm or germ of laziness; this is peculiarly the disease of the white people, I said that I took great pride in the fact that the Negroes of Savannah were particularly conscientious in co-operating to stamp out disease; of thirteen (13) cases of small pox reported to my office last summer only one was from among the Negroes and the sufferer reported it himself. Give the Negro a square deal and he is a winner." He said that the Savannah colored city physicians, from the appointment of the late Dr. S. P. Lloyd (as records will show) have been loyal, conscientious and thorough in the discharge of their duty and that the prospect to eliminate or dispense with them had been defeated by the records. He took great pride in the thrift and industry of the race as marked by the numerous thriving businesses on West Broad street, for he said, "The Wage Earners Bank would be a credit to any people of any race, any where." He said he thought the high thinking white people of Savannah did not know how well the Savannah Negro was doing. He discouraged the coming of great crowds of Negroes from the rural districts to the cities and urged his hearers to discourage the practice, saying that these new comers recruited the dens of vice, the ranks of the vagrant class and increased the disease and death rate. He discussed for some length the excessive infant mortality, saying it was due to quack mid-wifery, foul living conditions etc.

The speech of Bishop Reese, was broad and liberal, highly interesting and sparkled with amusing and striking illustrations. He gave the following code of rules which, if complied with, would result in good health. (1) Keep clean; (2) Plenty of fresh air; (3) Good cooking; (4) Don't eat too much.

Both speakers urged co-operation among all the people for mutual helpfulness and race advancement.

The local Negro doctors' medical society took charge of the program Wednesday night. The principal features were papers by Dr. A. R. Fereebee and Dr. C. C. Middleton. The former spoke on "Oral Hygiene" and the latter on "Better Babies." Both papers were very instructive and will be published in next Saturday's Tribune. Dr. W. A. Harris presented his strikingly entertaining and instructive illustrated lecture on tuberculosis. Aside from the impressive pictures showing the various methods of treating this disease which last year caused one hundred and fifty seven deaths of Negroes in this city while but twenty-nine whites succumber to it, there were shown pictures of several former leading Negroes of the city and a few of the newest Negro business houses. When the picture of City Health Officer Brunner was thrown on the screne the house applauded loud. Dr. Brunner was also among the visitors present Wednesday night.

On Friday night the ladies of the League took charge of the meeting. The principal address was by Miss Ethel Bird, secretary of the Associated Charities. Miss Bird's talk was very instructive and she spoke very feelingly of her interest in the uphill fight of the Negro for better health. Miss C. Emma Lewis, one of the vice-presidents of the League, spoke very entertainingly on the work of the league Light refreshments were served by the ladies and the evening was very profitably spent.

The meetings terminate tomorrow afternoon by a mass meeting at the First African Baptist Church. The Cuyler Street school chorus of two hundred voices will render selections. Several prominent Negro and white speakers will take part. The following is the program:

First. "A Statement of the Negro Health Problem," Prof. Henry Pearson, State College.

Second. "How the Physician May Further Help," Dr. B. W. S. Daniels.

Third. "The Real Estate Man's Part," G. H. Bowen.

Fourth. "The Dentist's View point," Dr. A. R. Ferrebee.

Fifth. "Can Insurance Help?" W. S. Scott.

Sith. "Our Course in Sanitation at Cuyler School," Superintendent Ashmore.

Seventh. "The White Man's Home and Negro Health," Rabbi George Solomon.

Eighth. "The Negro Minister's part in the Fight," Rev. J. L. Taylor.

HEALTH PROCLAMATION

The following timely proclamation has been issued by Grand Master Butler:

Greetings:—

Peace be unto you is the prayer of your Grand Master and ever shall be until he crosses the bar that separates him, and us all, from that unknown eternity.

This is health week for the twelve or more millions of colored people in America, and as our members and their families are a part of these millions and as your Grand Master is a physician, he feels it his duty to call the member's special attention to this important matter.

The Grand Master is in favor of health week, as proposed by Dr. Booker T. Washington, but he would urge Masons and their families to have fifty two health weeks each year and 365 health days in each year.

We are dying too fast, as a race, and we should do all in our power as an order and as Masons to reduce that enormous death rate; we can do it and we must do it; hence this communication is intended to help you as a lodge and help your families through your lodges along this line. We are especially interested in this matter because it means more than we think to lie.

Since our last grand session in June 1914 we have lost by death 121 brothers; that means 121 homes left fatherless or without a brother or son. Many of these deaths are due to preventable diseases, which means that if these brethren had had proper warning most of them would be living today.

First, since last June we have lost 121 brothers at a cost to the grand lodge in dollars and cents (to say nothing of their service) $22,000.00. The average funeral expenses to the lodges $3,600.00; the average doctor's bill $2,420, making a final loss to the Masons alone and their families in nine months $28,020.00. This should cause us to pause and think.

Second, What can the lodge and members do to prevent this death rate?

1st. In case of sickness call in a competent doctor.

2nd. Do not spit on the floors of your homes, lodge halls and churches.

3rd. Do not sit in draughts; but ventilate your homes, halls and churches.

4th, Bathe often, drink plenty of water, keep bowels regulated, don't sit up too late at night, take as little patent medicine as possible and do not eat too much just before going to bed.

5th. Screen your homes and halls against the flies as they spread dissease. Don't buy bread, milk, pies, cakes and candies that have been exposed to flies and dust.

6th. Don't kiss persons with coughs and don't allow them to kiss you or members of your family.

7. Keep your homes, front and back yards clean. Keep your stables and cow barns clean, as flies will go from these places to the dining tables and crawl over the food and spread filth and disease from their feet on your food, thence into your stomach and disease and death will follow.

8th. Clean out your wells once or twice a year at least.

9th. Let every member of every Masonic lodge from this day see to it that no filth of any kind be found in or about his home or premises.

10th, Let every brother join in and help his wife clean up the home; see to it that no soiled dishes are left after meals, but that they are all washed as soon after meals as possible.

11th. Use plenty of white wash on the walls of the rooms of the home, out houses and fences as lime will help to kill disease germs.

Hoping in this way to reach the members of every lodge and the home of every member and thus help to reduce the death rate of our beloved brethren and their dear families, your

ver watchful Grand Master sends this message, to the lodges, the members and committees

May the grace and ever saving power of the God we serve go with this message, is the prayer of your Grand Master.

The Grand Lodge meets at our home at Americus, June 22, at 9 a. m. when I hope to see you representative face to face and have him tell me and the brethren how he tried to spread this gospel of health to save the life of his members and their families.

MOVEMENT FOR BETTER HEALTH

National Business League Starts Big Campaign.

The Advocate 2/6/15

TIME FOR UNITED ACTION.

Influential Organization Directs President Booker T. Washington to Issue Call For Observance of National Health Week Beginning Sunday, March 21—Must Lower Death Rate.

Tuskegee Institute, Ala.—After considering the whole matter carefully I am authorized by the executive committee of the National Negro Business league to invite the various organizations named below as well as others to be named later to unite with the league in observing a national health week from March 21 to 27, inclusive—namely: Daily and weekly newspapers, health journals, the National Medical association, the National Association of Graduate Nurses, the National Association of Colored Women's clubs, the National League on Urban Conditions Among Negroes, the National Association of Teachers In Colored Schools, the National Negro Press association, the bishop and other officers of colored religious denominations, state medical associations, annual church conferences and associations, secret society organizations, colored insurance companies, farmers' conferences, farmers' improvement societies, churches, schools and other local organizations and state health officers.

In Alabama, Louisiana, North Carolina and other states special health days have at one time or another been observed. For some years the Virginia Organization society, under the leadership of Major R. R. Moton, has observed a health or clean up week. It is thought to be well to unite all these efforts into a national movement and join the movement on to the Virginia effort. It is thought the race will welcome this opportunity to unite all these efforts in one great national health movement and thus gain the benefit of the momentum and the enthusiasm that will come from the great united health movement.

Without health and until we reduce our high death rate it will be impossible for us to have permanent success in business, in property getting, in acquiring education or to show other evidences of progress. Without health and long life all else fails.

The following facts will illustrate something of the need and importance of this health movement:

We find that 450,000 Negroes in the south alone are seriously ill all the time. The annual cost of the sickness of these 450,000 persons is $75,000,000. One hundred and twelve thousand Negro workers in the south alone are sick all the time. Their annual loss in earnings is $45,000,000. Forty-five per cent of the annual deaths among Negroes is preventable. Two hundred and twenty-five thousand Negro workers in the south alone die annually. One hundred thousand of these deaths can be prevented.

The annual funeral expenses of colored people in the south alone amount to $50,000,000. Six million five hundred thousand dollars of this amount could be saved. Sickness and death cost our race in the south alone $100,000 annually. Fifty thousand dollars of this amount could be saved. We must reduce our high death rate, dethrone disease and enthrone health and long life. We may differ on other subjects, but there is no room for difference here. Let us make a strong, long, united pull together. Other facts will appear in the weekly press and in circulars from week to week, and information will be gladly furnished.

Yours truly.

BOOKER T. WASHINGTON,
President National Negro Business League.

Combat The Monster: Consumption.

Nashville Ga 2/13/15

One of the things that the National Negro Health Week, March 21st to 27th, is intending to do is to spread information concerning how it is possible to keep from having consumption, also what to do to cure consumption. For a long time it was supposed that consumption was inherited and incurable. It is now found that this is not true. Consumption is a disease that is acquired and with proper care can be cured.

It is hoped, therefore, that in connection with Health Week, special meetings will be held in every locality at which physicians and other competent persons will instruct the people how to combat this scourge of the race.

500,000 Negroes of Present Population Will Die from Consumption

It is estimated that of the ten million Negroes now living in the United States, six hundred thousand, or sixteen out of every one hundred, will die of consumption. On the other hand, it is estimated that one-fourth of these six hundred thousand persons, or one hundred and fifty thousand, can by means of preventive methods be saved

Help Us Save This 150,000

Many things are necessary to overcome this monster, for consumption is a disease of poverty and is spread by bad houses, insanitary methods of life, carelessness and excess But of all things that help to overcome consumption, nothing is so important as abundant fresh air. Do you sleep in a room where you keep the windows tightly closed in cold weather? Do you keep out fresh air because it may "chill" you? Do you work in a roor or a shop where the air cannot enter? If so, you are hazarding your life and inviting death. Open your windows and keep them open at all times, especially during the hours of sleep! If you have not cover enough to keep you warm in cold weather, save money and buy it, for ample cover, permitting you to seelp with your windows open will do more for your good health than all the medicine you buy. If you want to live, and to keep from having consumption, live with your windows open!

(Signed
BOOKER T. WASHINGTON,
President, National Negro Business League.

Tusgegee Inst., Ala., Mar. 8, 1915.

A HEALTH WEEK.

The Suggestion of a Health Week by Dr. Booker T. Washington has met general response. In the discussions now going on in face publications much valuable information is being brought out. The best thought of the race is interested. Those concerned, and who know, have heartily enlisted in the cause of reformation along the line of health of reform. Judging from the generous response it is evident of the need of the thing. A keynote has been touched, and we think for the very best.

The Reformer of Durham, N. C., makes this interesting observation, given in part:

"It has been shown that the Negro lives as long as other people if given the same environment. The insurance companies and the United States army have demonstrated this fact. These agencies have definitely removed the mortality among Negroes from the sphere of comparative vitality and have placed it to the account of secondary causes which are remedial. The entire problem with modifications could not be better expressed than in the language of the report above referred to. It says: 'This is too great a difference in two races living in the same community and under the same laws. There must be ae remedy for it, the remedy as I see it is education along sanitary living and settlement.' The law is the same for both races with respect to sanitary living and environment, but no person who observes in the least pretends that the law is enforced equally."

The condition is remedial, and admitted by insurance people, white insurance people, who have found it necessary to make a difference in the cost of their policies because of the greater death rate among us. That the condition is remedial is the best note sounded. It means when all is done that can be done there will be an evening up, and of course, in the interest of the race generally as it will be in the interest of better insurance terms.

In speaking of the proposed Health Week at another time we said the Negroes would gain in another respect. Segregation has taken its cue as much from poorly cared for premises as anything else. We said that the old order was changing, and this is especially true in the North. We can imagine that the change is not so rapid in the South where the race is in such large numbers, where it is more dense as to population, where the white man's civilization does not have such a sway.

Our past neglect of our surroundings, and the past manifest disposition, gave us a bad name. None know this better than ourselves. But we have now this wave of reform—the old order changeth—and it should completely change.

When our death rate is higher we lose those oftentimes, and needlessly on whom many depend. A few years added to a life of a man can make a vast difference in his family. The children can be thrown across the danger line of helplessness within those few years. The necessary caution, sanitary care, would prolong his years thus proving an inestimable blessing to his posterity, and the human race as a matter of influence.

So we can see what good will follow if we will about front, in the matter of our sanitary condition, doing all the things prescribed by those who are best fitted to tell us of our needs. It is admitted that our race will improve as others do under similar treatment. What's the hold back?

Dr. Washington, who suggests the week of March 21 as Health Week, can feel that so far as co-operation is concerned he has already succeeded. He has aroused attention to a great need, and the week, we dare say, will result in a general bombardment of the stronghold of germs and their allies.

HEALTH CAMPAIGN STARTS ON ELIZABETH COUNTY

The Norfolk Journal and Guide 2/6/15

(Special to Journal and Guide.)

Hampton, Va., Jan. 26.—A meeting was called last evening at Hampton Institute by Major Moton president of the Negro Organization Society of Virginia. There were present about ninety representatives of the Negro societies, organization, and settlements in Elizabeth City County, as well as the ministers of various denominations, teachers in the schools other leading Negroes, and officers of Hampton Institute.

Great interest was shown in the aims of the Negro Organization Society and a determination to cooperate in every way possible for the betterment of the colored people in the county.

It was decided to call a mass meeting in the Hampton Institute Gymnasium in the early part of April to consider definite measures for reducing the present large death rate of Negroes in this vicinity. The meeting will be followed by a "Clean-up-Week," which will be generally observed throughout the county.

A committee was appointed at the meeting last evening consisting of ministers, teachers, and other representatives from all the various districts in the county, whose duty it will be to work up an interest among all the colored people of their localities.

It was suggested that the colored societies formed to visit the sick and bury the dead co-operate for the purpose of hiring a district nurse who wi l visit the homes for the intruction of housewives in sanitation and for the care of the sick.

One of the objects of the April meeting is to raise $2000 towards a Negro schoolhouse, the school superintendent. Mr. Willis, having promised the colored people that a satisfactory school building shall be erected if they themselves raise $2000 by spring. Great interest was manifested in the raising of this sum.

Health Week-1915

OBSERVE HEALTH WEEK.

It is to be hoped that every reader of the Christian Recorder will observe Health Week next week. There is no more important task before us now. Our health problem is the greatest problem the Negro has to face. For unless we have health, life is not worth much; education, property, etc., are not worth much.

Next week we shall give a thorough analysis of the latest vital statistics, which show the great necessity of taking care of one's health.

1. Preach on Health. We suggest that our ministers preach at least one sermon on some health topic either next Sunday or the Sunday following. So many people need proper instruction on that fallacy about people "must die when their time comes," and putting the responsibility of all their deaths upon the Lord, saying "the Lord giveth and the Lord taketh away."

The Scripture says: "The days of our years are three score and ten."

Christianity brought sanctity to human life and the human body: "Know ye not that your bodies are the temple of the Holy Ghost." "Present your bodies a living sacrifice wholly, acceptable to God, which is your reasonable service."

2. **Expert Service.** Get a public spirited physician to speak out of his experience in language the people can understand, about the health problems of the community.

3. **Enlist Health Officer.** If there is a public health officer, get him to speak to the people at a platform meeting. In the large cities where the Negro population warrants, there should be a Negro health officer, and the preacher, if he properly uses this Health Week, can show the city the advantage of having such health officer.

4. **The insurance** and sick benefit societies ought to be particularly interested. Not only will they do much good by helping observe this week, but if the teaching of Health Week is observed they will have more money in their treasuries.

5. **The Schools** should be interested. Many epidemics start or are helped forward by the schools. If the Board of Education has no medical inspection for schools, voluntary school inspection should be started.

6. **Clean Up Week.** During the week March 22-27, every Negro in the country should observe clean up week. It will be profitable because it will tend to lower the death rate and the sickness rate. It will be profitable because much of the old rubbish, rags, bottles, iron, etc., can be sold. It will be profitable because many valuable things which have been hidden and thought lost will be found. We had a "clean up day" in our little office, and recovered $10 worth of valuables we thought were lost.

Dr. Booker T. Washington, who suggested the National Health Week, gives the following plan for clean up week, which we commend to all our readers:

What To Do During Clean-Up Week.

"1. Move out and burn up all unnecessary rubbish and all unused old clothes and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

"2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

"3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

"4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the sidewalk and paint or whitewash the fences and house. In whitewashing, use plenty of good lime, and to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

"5. Repair the stable, the barn and the hen-house. Whitewash them if you can see that no filth remains in which flies can breed.

"6. Look after the springs and wells and make sanitary the outhouses at school houses and churches."

THE HEALTH CRUSADE.

The suggestion by the National Negro Business League that a week be put apart during February for the nation-wide observance by the colored people in this country of a Health Week is timely and commendable. As a matter of fact, however, the principles of sanitation and ventilation to be indulged in during a single week are matters that should be given strict attention the year round. However, having unanimous action along these lines for the short course of a single week must undoubtedly have its effect on the minds of the people and make its converts from among many who hitherto ignored these roads to good health.

The issue of health should be a matter of serious consideration with the entire race. Despite the lying assertions of those whose wish is father to the thought that the colored people are dying out, the facts show us as being on the increase, but not half as fast as a healthy race should be and not nearly as fast as the white race. But this is not altogether our own fault, nor is it to be wondered at with the many instances in mind where our people are forced by prejudice and its servant, segregation, to live in unhealthy localities and unsanitary houses.

It is the more reason, therefore, that those of us who are blessed with fairly good conditions of residence should the more strictly observe the rules of health, by putting in force the principles of sanitation and ventilation. Our mothers should train their children up to the value of fresh air and cleanliness. Keep the child clean and healthy and it can not go much wrong. Observe the Health Week all the year round!

NATIONAL NEGRO HEALTH.

A few days ago the Independent called attention to the movement suggested and outlined by Dr. Booker T. Washington and his executive committee, that a week beginning March 21-27 inclusive be observed throughout the length and breadth of the of the country as National Negro Health Week. We again call the attention of our people everywhere to observe this week with scrupulous care. We know of no movement that will bring greater blessings to the race than paying proper atention to the rules and laws of health, when it is considered how many of our people die because of ignorance of its laws, and how alarming our death rate is compared to other races. It becomes imperative that the leaders of the race set about to remedy it. The churches, secret orders and societies should join in this movement. It is one of our first duties to ourselves and our race to urge upon them the importance of preserving their health. This can only be done by setting apart a certain period of time in which information and instruction may be given to preserve their health. This movement is a timely one and the Independent most earnestly urges the leaders in every walk of life to join in with Dr. Washington and his executive committee in making this a week of great blessing and good to our young people, who have just begun life, the importance of taking care of their health. Attention should be called to the importance of ventilation, sanitation, right eating and drinking. The prolongation of life depends upon the observance of these laws.

Ignorance has been the cause of an alarming death rate among our people, and the only remedy is knowledge and observance of the laws governing health. There should be a widespread dissemination of this knowledge. Their attention should be called frequently to their duty in this respect. Their efficiency in their occupations or professions depends very largely upon sound and healthy bodies. Sound minds dwell only in sound bodies; one affects the other, it is just as important to learn how to build up sound bodies as it is sound minds. When one has cultivated and developed his mind he has only done half his duty; equal stress should be laid upon the development of a sound body. Let us then enter into this movement with great interest, and urge our people of all classes and conditions to turn out and attend these meetings. The churches and societies should lead in this undertaking and invoke the aid of Almighty God to help us infuse in the minds of our people the importance of taking care of their bodies and observing the great laws underlying health.

By all means they should be taught the lession of cleanliness in the home and around the yard, bodily ablutions and neatness of dress, as all of these contribute very largely to health and happiness. Then, let us join in with Dr. Washington and the committee to the end that we may reduce our fearful death rate, and thus prolong the lives of so many who die prematurely from ignorance of the laws of health.

SOME REASONS FOR HAVING A NATIONAL NEGRO HEALTH WEEK

Under the call of the Executive Committee of the National Negro Business League Dr. Booker T. Washington, president, preparations are going forward in all parts of the country, in the South, particularly, for carrying out the suggestions which have been outlined by Dr. Washington and his executive committee for the observance of National Negro Health Week.

The particular reasons for asking the Negro people of the country to observe National Negro Health Week are set forth in a bulletin statement just issued and which follows. Dr. Washington writes:

1. We are asking the colored people of the nation to unite in observing a National Negro Health Week in the belief that in carrying out the suggestions outlined below they will be doing the best possible service to themselves and to the race. Many diseases are spread from the sick to the well by means of germs that come from the sick person. These germs find their way into filth and waste and reach the bodies of well persons to whom they give the disease.

2. Diseases Most Fatal to Negroes: The following are the diseases most fatal to Negroes: Diseases of infancy from which 27 per cent of all deaths among Negroes occur; tuberculosis, from which 18 per cent of all Negroes die; pneumonia, 11 per cent of all their deaths; diseases of the heart, 8 per cent of all their deaths; Brights disease, 7 per cent of all their deaths; diarrhea, 8 per cent of all their deaths.

3. Diseases Exact Their Greatest Toll from the Young: The diseases which annually sweep away such large numbers of our people exact their greatest toll of babies and children and of our young men and women, who being in the very prime of life, constitute, economically and intellectually, the most valuable asset for the future progress of our race. Instead of these persons living and doing service as leaders of the masses of our people, they give their lives a useless toll to death. Our only remedy for this fearful drain on the pick and flower of our young womanhood and manhood is a widespread inculcation of the habit of clean surroundings and clean living.

A suggestive or outline program will be issued very soon, the purpose being to ask various communities to take copies of this outline program and have it reprinted in their various communities, under the auspices of the several co-operating agencies so that a definite program for getting results may be followed in each community where National Negro Health Week is observed.

JOIN CAMPAIGN TO CLEAN UP

The Tuskegee Student

We feel that you will agree that the community surrounding the Tuskegee Institute should be one of the cleanest and healthiest places in Macon County, and if it is not, we should begin at once to help change the conditions.

1 It is wiser and cheaper to spend some time and money in cleaning up than to pay doctors, nurses, and to buy medicine and a coffin.

2 The Mosquito is the only carrier of malaria, from one person to another and they breed in stagnant water, in tin cans, in rain barrels, in gutters, in ditches, in pools, and in the shade of high weeds,—all right on your premises.

3. The presence of flies in your home and around your premises means that there is filth somewhere near you which means an ever-present danger of disease. Use lime in your toilet daily.

4. A large per cent of the homes in this community do not have sanitary closets, and the sewage is not properly disposed of, which in most cases is the cause of Typhoid Fever, Hookworm and other intestinal diseases.

5. Manure in your horse and cow lots, barns, filth from the pig pen and hen houses, human sewage from your toilet, slop and other waste put out in your back yard is carried by rain into your well and you drink the water which causes Typhoid Fever **No one but an expert in that line should select the place to locate your well.**

6. See to it that there is no possible way for frogs to get into your well. Your well should have good curbing in it. The curbing should extend twelve inches above the top of the ground to keep frogs from hopping in the well. If water is taken out by rope and buckets your hands should be perfectly clean before drawing water as the dirt from the hands is washed into the well when handling the rope. Remember that if the air you breathe or the water and milk that you drink is polluted, sickness in your home will follow sooner or later.

Let us begin now to clean up and continue cleaning up each week during the spring, summer and fall.

The Tuskegee Institute has decided that when Dr. Kenney can spare them, to allow the nurses to make visits to each family to make suggestions regarding unsanitary conditions and how to remedy them.

Committee:

J. A. Kenney.
J. B. Rasmey.
J. H. Washington.

URGES HEALTH WEEK

Active Societies Start Crusade for the Prevention of Disease and Excessive Death Rate.

The Age-Herald 3/14/15

Why should the National Negro Health Week be observed, particularly in New York? The following facts and figures are convincing. Out of the 74,803 persons who died in New York City in 1914, 2,631 were colored. Wherever the death rate of the whole population was 13, that of the colored was 25, a fraction below the rate for colored people, 26.2, in the principal regisration cities of the country. Thus 7 colored people die in New York every day, or one in every 3½ hours. Every 7 hours a colored person dies in Harlem.

Tuberculosis and child diseases lead the list of immediate causes of death in this city. Out of 2,500 babies born last year, 452 died before reaching the age of one, while 112 died of diarrhoea before reaching the age of two. Out of the 2,631 deaths, 554 were from consumption, and 187 from some form of Bright's disease, while syphilis wrought its havoc among the dissolute and their children.

Behind these grim facts are social maladjustment, economic competition, inability, incompetence, ignorance and disregard of the laws of health.

Many progressive forces in New York City are co-operating in making the National Health Week of some permanent value. Health meetings will be held in Greater New York City beginning on March 21. Health literature pertaining especially to tuberculosis and sanitation will be freely distributed during Health Week. Among the many organizations trying to make this concerted movement an effective one are: The Utopia Neighborhood Club, the Music School Settlement, the West End Workers' Association, the Negro Civic Improvement League, the Lincoln Settlement, Brooklyn; the United Civic League, Inc., the Baptist Preachers' Conference, St. Philip's Men's Guild, the Interdenominational Ministers' Alliance, the Y. M. C. A. and Y. W. C. A.

Monday evening, March 22, a meeting will be held at Mt. Olivet Baptist Church, 161 West 53d street. Dr. Martin, of the Board of Health, will give an illustrated talk on "Why the Babies Die." F. C. Myers, of the Child Welfare Committee, will give an illustrated talk on "Agencies Through Which Children's Lives May Be Spared." Dr. Albert S. Reed and Dr. Charles Roberts will also speak. Rev. W. P. Hayes, pastor of Mt. Olivet Church, will preside.

On Thursday evening, March 25, a meeting will be held at Mother Zion Church, 157 W. 136th St. The speakers will be Dr. Richard A. Tavlor, Dh. Gertrude Curtis McPherson, Dr. Leiser of the Health Department, on, "How Tuberculosis Spreads." and F. C. Myers of the Child Welfare Committee. Rev. J. A. Brown, pastor of Mother A. M. E. Zion Church, will preside.

Baltimore [illegible]

NEGROES FLOCK TO HEALTH EXHIBITION

Great Interest Is Shown In The Conference At Bethel A. M. E. Church.

Extraordinary interest is being shown by the colored people of the city in the health exhibition and conference arranged for their benefit by the Medical and Chirurgical Faculty in Bethel African Methodist Episcopal Church.

Hundreds are crowding into the exhibition which is open during the day in the chapel of the church, and the attendance at the opening session of the conference last night, when Booker T. Washington, the most prominent living negro, spoke, was the largest, it is said, ever seen at a similar event in Maryland.

Fully 3000 crowded into the church, and it is estimated that at least 200 were turned away. A number of white people were noted in the audience, and several of the leading representatives of the Medical and Chirurgical Faculty were on the program for addresses, including Dr. William H. Welch and Dr. Emil Novak, chairman of the public instruction committee, who presided.

Tonight Dr. Nathan R. Gorter will be in charge, and addresses will be made by City Councilman Cummings (colored), Dr. Henry S. McCard and Miss Anna Jones, superintendent of the visiting tuberculosis nurses. Mayor Preston is also scheduled to speak.

Booker Washington's address last night appealed strongly to the racial characteristics of his people while it urged above everything else good citizenship. He spoke particularly of the value and importance of such an event as a health conference, and vigorously advised that, for the sake of not only the colored people themselves, but for the good of the community, that the lessons of health and cleanliness it taught should be heeded.

In speaking of race segregation he declared that besides being unnecessary, it was unjust, indicating that it was his opinion that self-respecting negroes would not go where they were not wanted. He was particularly enthusiastic in referring to the spread of prohibition in the Southern States, characterizing it as "an emancipation for the colored race, second only to Lincoln's proclamation."

WILL HOLD A HEALTH EXHIBIT

Meetings To be Held at Bethel A. M. E. Church, March 24, 25 and 26.

The Afro American 3/20/15

DEATH RATE IS ALARMING

Education Along Proper Lines Will Tend to Lessen Ravages of Tuberculosis.

As a result of a conference between members of the committee on education of the Medical and Chirurgical Faculty of Maryland and representative men and women of the city Monday at Osler Hall, it was decided to hold a health exhibit and health conference at Bethel A. M. E. Church on March 24, 25 and 26.

The meeting was called by Dr. Emil Novak, chairman of the education committee, and is the first attempt to get the colored citizens of Baltimore to cooperate with plans for bettering the health of the community.

Speakers at the meeting pointed out that there was a large death rate among the colored people from tuberculosis, and that a wide-spread knowledge of those things that made for health would result in lowering the death rate among colored people. Governor Goldsborough, in an address a few days ago, mentioned the larger death rate among colored people.

Mention was made of the fact that the city and State provided 800 beds for tubercular whites, while 28 beds furnished at Bayview by the city was all that Maryland could show for its colored population.

The plans for the health conference are in line with the suggestion of Dr. Booker T. Washington to observe the fourth week in March as a national health week. The Medical and Chirurgical Faculty has invited Dr. Washington and Major R. R. Moton, who successfully engineered "Clean-up" Day in Virginia, to speak at Bethel Church during the convention.

There will be a health exhibit in the chapel of the church and each evening the "movies" will show conditions that are disease-breeding, as well as those that make for health. Addresses on hygiene and prevention of disease will follow by prominent physicians.

A meeting will be held at Osler Hall, 1211 Cathedral street, next Tuesday at 4.30 p. m., to map out the details for the conference.

A committee to stimulate interest was formed as follows: Dr. H. S. McCard, chairman; Miss Annie Smith, secretary; Mr. and Mrs. Mason A. Hawkins, Dr. T. S. Hawkins, Mrs. Sarah C. Fernandis, Mrs. Ida Hilton, Dr. H. E. Young, Mrs. L. S. Flagg, Mrs. R. G. Chissell, Mrs. D. Grant Scott, Rev. C. G. Cummings, Dr. B. M. Rhetta and Mr. F. N. Cardozo.

HEALTH WEEK.

The timely circular issued by Dr. Booker T. Washington designating March 21 to 27 as National Health week should be observed by the Colored people throughout this country. The Bee would advise all good Colored Americans to be liberal in their views and loyal to the great cause suggested by Mr. Washington.

The Freeman 3/27/15

Health Week in Chicago.

Health week was observed at Bethel A. M. E. church on last Sunday night. Dr. U. G. Dailey, the well known surgeon, spoke of the new era in medicine. In prevention of less drugs and serums, etc., also the part surgery is playing. Dr. Mozee discussed pyorrhea, and Dr. S. C. Dickens, who is instructor at Rush Medical College, spoke on the eye, ear, nose and throat. The meeting was largely attended.

Health Week—1915

Dr. A. WILBERFORCE WILLIAMS TALKS ON

Preventive Measures
First Aid Remedies
Hygienics and Sanitation

NO CASES ARE DIAGNOSED AND NO PRESCRIPTIONS GIVEN IN THESE WEEKLY ARTICLES

"Self help is the best help."—Aesop.

Health Week—The Aftermath.

For the past two months Dr. Booker T. Washington urged the colored population by personal letters, appeals from the pulpits, through various newspaper publications, fraternal, civic and social organizations to observe the week beginning March 21 and ending March 28 as a general health week; that sermons, lectures, talks and addresses should be given on those two Sundays and on every available opportunity during said week on some phase of the subject of health, hygiene, sanitation, housing conditions, etc., to the end that, having gathered this knowledge, we might in the future be better prepared to meet and reduce the rate of sickness—to reduce the high death rate among the colored people of this country, due largely to preventable diseases.

This was a good, timely movement—the very thing that this paper has been advocating for nearly three years.

We are pleased to note that some notice and observation were taken of health week at Bethel A. M. E. Church, Frederick Douglass Center, St. Mark's M. E. Church, Ebenezer Baptist Church and perhaps other churches and organizations in this city that we know not of at this writing, but we are pained to note that more attention was not given to this matter, which is of paramount importance not only to the colored people, but to all the people of the nation.

But the observance of this health week was nothing comparable with the importance of the event.

The heralded and noised-abroad reports that the colored people are more susceptible to certain diseases; that they are carriers of certain preventable diseases; that it is dangerous to come in contact with colored people as servants, as artisans, clerks, workmen of every description are a malicious doctrine that has for its purpose, largely if not entirely, to promote, foster and engender the spirit of segregation, "Jim Crowism," in the housing, in the working, and in fact an endeavor to uproot his economic status. Hence it behooves the leading colored men and women, men of thought and sagacity to take notice and prepare themselves to combat this erroneous and malicious propaganda.

This is our thought, friends: Things that pertain to our health and our welfare we should be ever ready and take the initiative toward protecting ourselves, and at the same time not to injure others, against the onslaught on our economic rights and condition. We should not wait for others to bring these deleterious reports and statements of our condition, but we ourselves should be the watchmen upon the walls—be on the alert and become thoroughly conversant with our physical health, social and economic status in every community in which we form a considerable part.

Report of the Chicago Department of Health and the Negro.

According to the tables compiled by the department of health of Chicago, available and reported in 1914, we note the following:

In 1913 the colored population was 47,279.

In 1912 the colored population was 46,284.

In 1910 the colored population was 44,306.

Death Report (Colored).

In 1910 the number of deaths....1,075
Death rate per 1,000.....24.26

In 1910 out of a population of 2,195,551 whites there were 33,241 deaths and the white death rate was 15.14.

In 1912 the colored population was.....46,284
Number of deaths.....1,221
Death rate per 1,000.....26.16

This death rate was a little higher than the rate for 1910, or in other words, 26.16 against 24.26.

In 1912 white population was.2,294,711
Number of deaths.....33,998
Death rate per 1,000.....14.68

Their death rate was a little lower than that of 1910, whereas the colored death rate was higher.

The 1913 Colored population....47,279
Number of deaths.....1,175
Death rate per 1,000.....24.85

Which rate is a little less than 1912.

The 1913 white population...2,344,018
Number of deaths.....35,201
Death rate per 1,000.....15.05

The death rate of the whites was a little higher for 1913 and the colored death rate a little less.

Death Rate of Chicago for 1913 for 100,000 Population, According to U. S. Census.

	White.	Colored.
For all causes.....	1,495.1	2,687.3
Typhoid.	13.4	28.6
Scarlet fever.	18.8	2.1
Diphtheria and croup	38.0	10.7
Tuberculosis of lungs	150.8	502.8
Other tuberculosis...	9.0	36.5
Heart disease.	130.7	285.8
Pneumonia.	237.9	371.7
Bright's disease.	111.8	208.4

Our readers will observe that for a long time we have been constantly calling their attention that tuberculosis of all forms; that organic heart disease, Bright's disease (kidney disease), pneumonia, "The Captain of the Man of Death," were largely preventable diseases, and that these four diseases are claiming too many of our young people, and that through better sanitary conditions and a more perfect personal hygiene, the tabooing of alcoholics, a regular and intelligent medical examination once in a while to know the absolute working condition of the system would inure very much to the prevention of conditions that if neglected often prove very disastrous.

The Weekly Bulletin in commenting upon this situation in Chicago says: "A study of the death rates of the Negro, as shown in the tables given, as compared with those of the whites, gives rise to some interesting conjectures as to the need for publication among the colored people now living in Chicago.

"Since 1910 this portion of our population has increased from 44,306 to 47,279, with a corresponding rise in the death rate from all causes. The average scale of wages among the Negroes is low; consequently he is forced to live in dwellings which are insanitary, and unfit in every way. He is often poorly educated—needless to say, sometimes in complete ignorance of those things which contribute to public health. These factors, together with a possible racial susceptibility to some forms of disease, may account for the high death rate in tuberculosis, which is three and a third times as great among the colored as among the whites. Also in pneumonia, a dirty air disease, the rate is 371.7 per 100,000 of population, as compared with 237.9 among the whites. On the other hand, however, the Negro appears to be practically immune to scarlet fever and diphtheria, the rate being 2.1 and 10.7, as against 18.8 and 38.0 respectively among the white race for these diseases.

"Typhoid fever, a disease the prevalence of which it is almost needless to say is amenable to proper sanitary precaution, shows for the Negro a death rate of 23.6 and for the whites a death rate of 13.4—nearly twice as large for the Negro."

THE OBSERVANCE OF NATIONAL NEGRO HEALTH WEEK.

The Independent knows of no movement more important than the one just suggested and outlined by Dr. Washington and his Executive Committee, that is, that a week beginning March 21 to March 27, inclusive, be observed for the purpose of impressing upon the Negro people throughout the length and breadth of the country the importance of preserving their health. It is one of the twentieth century movements and marks a new era in the life of our people. It also shows the great love and foresight of Dr. Washington. We know of no act that stamps him more as a race leader than this suggestion of the observance for a week of the laws of health.

Dr. Washington asks the colored people of the nation to observe this week, feeling that in doing so they will be doing the very best service for themselves and the race. No one who scans the large death rate of Negroes in all the cities as well as in the country compared with that of the white race can help from seeing the importance of calling the attention of our people to a scrupulous observance of the laws of health. For many of these diseases have their origin in ignorance, ignorance of the laws of hygiene and good health. He stresses the diseases of infancy. More than 27 per cent. of all diseases among Negroes occur in infancy, 18 per cent. of Negroes die from tuberculosis, 11 per cent. from pneumonia, 8 per cent. from heart disease, 7 per cent. Bright's disease. Thus it is seen how necessary it is that we, as a people, will observe that week and learn lessons that will be valuable not only to ourselves, but to posterity.

Too many of our people die in the very prime of life, largely because they are ignorant of the laws of health. The Independent would certainly stress the importance of cleanliness. It has been well said that cleanliness is next to godliness, and if this week did no more than to call attention and stimulate our people to the importance of keeping their bodies clean and their apparel, it would more than pay for the time taken.

There should be a wide spread inculcation of this habit as Dr. Washington so strongly points out. Every man, woman and child should grasp this opportunity and observe it with all vigilance. There is nothing that should appeal to him more than the lessons of good health, for what is life without good health? It is nothing more than a vexation of soul and spirit. It is not worth while without it. Let us then co-operate with the several agencies to the end that a definite program of getting results may be followed in each community where national Negro health week is observed. The Independent commends this movement and tenders its thanks to Dr. Washington and his Executive Committee for the great service that they are rendering the race.

The Grand United Order of Odd Fellows constitute one of the strongest and most intelligent organizations in the world, and it seems to The Independent that this organization could do a great deal of good along these lines, and it would most respectfully urge upon the head officials from the Grand Master down to call the attention of the brotherhood and the sisterhood to the importance of observing the week set apart known as the National Negro Health week commencing March 21 to the 27, inclusive.

FAYETTEVILLE NEWS IN BRIEF

Business Men of the City Plan Co-operative Enterprise With $25,000.00 Capital

HEALTH WEEK AT NORMAL

4/18/15

Fculty and Students Hear Splendid Addresses On Health

(Special to The Journal and Guide.)

Fayetteville, N. C., April 7.—Under the lead of Dr. E. E. Smith, principal of the State Norma School, the business men of Fayetteville, have decided to do an extenisve co-operative business. They propose to capitalize the concern with not lest $25,000.00.

Mrs. Sarah E. Ancrum, teacher in the City schools of Greensboro spent last Saturday night in the city, guest of Mrs. N. L. Smith.

The Addresses at the Norma School, during "Health Week' were able and instructive.

The principal, Prof. T. T. Branch, followed on Tuesday morning with "Athletic's Contribution to Health" His speech was spicy and rare. On the following morning, "How Germs Enter the Body," was ably presented by Miss Mattie J. Chavis. on Thursday Morning, Prof. John W. Mitchell, discussed the "Reward of Good or Poor Health," in an instructive manner. Miss Lillian. Burke concluded the address by members of the faculty; her subject being "Germs in Food and Drink." All of the addresses were much enjoyed by the students, and will doubtless prove beneficial to them.

Easter services were generally observed at the different churches last Sunday. The Junior calss at the State Normal entertained the seniors and members of the faculty on the evening of the fifth instant.

Mr. R. D. Drake has just returned from a business trip to Washington City.

The friends of the State Normal school rejoice that the session now nearing its close, has been a very prosperous one. The recent legislature increased the annual appropr ation to the school. Principal Smith says the faculty for next year will be increased; he also states that some most needed repairs will be made to the buildings.

Dr. E. E. Smith Jr., a practicing physician of Newort News, Va., spent a few days last week visiting his father who is principal of the State Normal School.

Mr. J. F. Drake of he firm of Drakes Brothers, has been spending some time in Washington, D.C.

Mrs. A. B. Vincent of Raleigh was at the home of Mr. and Mrs. T.H.McNeill on Gillespie street.

NEW ORLEANS, PICAYUNE

2- March 1915

NEGROES LAUNCH A NATION WIDE HEALTH CAMPAIGN

Dr. Robert E. Jones Preaches Able Sermon in Support of Movement.

The negroes in this country, led by Dr. Brooker T. Washington as president of the National Negro Business League, are observing this week throughout the nation what they have termed "Health Week," it being the purpose of this movement to make a fight on the diseases which have made inroads upon the race and to clean up schools churches, homes and front and backyards. In fact, to inaugurate a crusade for better living among the colored people of the country and, therefore, reduce the high death rate that is a serious handicap to the race.

Last night, in the First Street Methodist Episcopal Church, corner First and Dryades streets, Dr. Robert E. Jones, editor of the Southwestern Christian Advocate, preached a special sermon appropriate to the observance of the national health week, calling the attention of the audience to the duty that they owe to themselves as well as to the city, state and country at large in the protection of their bodily health.

Dr. Jones took for his text the third chapter of Proverbs, seventh and eighth verses: "Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel and marrow to thy bones." Among many other things the speaker said:

"We are accustomed to dwell too much upon the joys of the godly life as it relates to heaven where there shall be no more sickness, sorrow and dying. The right view of the godly life takes no note of the joys of heaven but concerns itself with the present. A godly life leads to the observance of all laws that make for symetrical development. 'The upright shall dwell in the land,' says the scripture. 'The foolish shall eat of the fruit of their own way.'

PRAISES HEALTH OFFICIALS

"Insurance companies find that the larger percentage of the best risks are among persons who give strict adherence to God's moral laws and spiritual laws, which in a large measure embrace the laws of health. The Christian reaches his highest development in his moral and spiritual life when he has a sound physical basis."

The speaker paid a high tribute to the work that is being done by Dr. Oscar Dowling, president of the State Board of Health, and Dr. W. T. Riley, president of the City Board of Health. "These two men are preachers of righteousness and are doing the kingdom of God a real service in urging upon the people clean living, both as their personal duty and because of their relation to the community," he said. The speaker argued for a National Health Department of the Government in charge of competent physicians, whose chief business it would be to promote the health of the nation. The health of the nation certainly is as important as its commerce or agriculture and, in some regard, more important, he said. The speaker also hoped for the day when the physicians would be employees of the city, as public servants, to minister to the people. He said the physician should be a leader in health movements and not merely a helper who is called in cases of emergency many times when it is too late to do good.

In referring more particularly to the Health Week as it relates to the negro Dr. Jones said:

"The negro is fighting a great battle for racial existence, racial advancement and racial co-operation in the brotherhood of man. A sound physical basis is absolutely necessary to this program. The suggestion for the observance of the National Health Week, March 21-27, is therefore far-reaching. It will affect the present status of the negro as it will affect the future. Failure to recognize the health conditions surrounding the negro, growing out of his present mode of living, spells disaster. No worker for the uplift of the race can ignore this or any similar movement. It is a question we must face either in this form or some other. A delay in this matter means the retarding of our progress. In the development of the negro, the health problem is a serious, vital and pressing one. His poor health impedes his economic advance by decreasing his efficiency as a laborer and causing large bills for medicine and for medical treatment, to say nothing of the general impairment.

STARTLING FIGURES

"The Negro Year Book for 1915 gives some startling facts. In the South 450,000 negroes are seriously ill all the time. This illness costs these 450,000 negroes seventy-five million dollars. One hundred and twelve thousand negro workers are sick all the time, with an annual loss in earnings of forty-five million dollars. Two hundred and twenty-five thousand negroes in the South die annually. This is an excess of one hundred thousand, figured on the basis of ordinary mortality. It is said that six hundred thousand negroes of the present population will die from tuberculosis; 150,000 of these can be saved by proper medical attention. The Negro Year Book gives this startling statement: 'The annual loss to the South in potential earnings because of preventable disease among negroes is $170,000,000.' It is also stated that 45 per cent of the deaths among negroes is preventable.

"To come closer home, the death rate in New Orleans for each thousand of white population it is 25.6 per cent, or stating it more plainly, twice as many negroes die in proportion to their population as whites. This is a serious handicap to the city. It advertises a city with a high death rate due largely to the excessive death rate of one class of its citizens. This gives the city a bad name and therefore the city should give the negro every facility to reduce this excessive death rate and to wipe out the diseases which are prevalent.

URGES CO-OPERATION

Small-pox in one section of the city would threaten the whole city. The poor health of the negro threatens the good health of the white man. Whether we desire or not, we rise or fall together in this campaign for good health and it is to the mutual help of both races that ample facilities should be provided for the poor and needy so that tuberculosis and other diseases may be stamped out. There is an organization here, with S. F. Williams as president, that is seeking to establish a tubercular camp for colored consumptives in the Parish of Tammany. This organization should receive immediate help and encouragement from the philanthropic people of the city, first as a matter of benevolence, second as a matter of mutual protection. Death knows no color line. The tubercular negro patient may be the means of the death of scores of others far removed from him in social relation."

Dr. Jones said it was estimated by those who had studied the subject that out of a population of 92.000 negroes in New Orleans, 5,200 were seriously sick during the entire year making an annual loss in earnings of $690.000, with an annual cost of doctor'st bills and medicine of $1,104.000.

"A large number of those who die might have lived many years longer," he said "and the money value of those lives that could have been saved in one year is $2.168.000. Think what $2,000.000 would mean to our people here the city in providing for schools, parks and better home surroundings. It is estimated that the annual financial loss to the city of New Orleans because of negro sickness and health is $4,132.000, and it is estimated that we might save annually $2,820.000 if we could improve the sanitary conditions of our colored population.

CLEAN-UP PROGRAM

"In the face of these facts can any one doubt the wisdom of this Health Week? We should start a campaign at once to clean up the churches throughout the city. St. Paul Church, Shreveport, one of the best churches of our denomination, had a clean-up last week. A large number of the people were there who are among the best people in the city, including physicians, teachers, merchants and mechanics, as well as others, and they cleaned the church from top to bottom, pulpit to floor and from side to side. Just such a procedure among churches in the city of New Orleans would stimulate others to strive for better living, which in the final anlysis means should be found by which we gro churches should learn to ventilate. Some of them are hot boxes for the dissemination of diseases. This is especially true in the winter time. Some meanst should be found by which we could compel the people to have fresh air.

"One day next week we ought to clean our homes. Some one might say this suggestion invaded the sacred prec[illegible] of the home. But when a poorly home breeds disease it becomes a matter of public concern. No man liveth to himself."

In making some practical suggestions for the clean-up week, the speaker, among other things, said:

"First, move out and burn up all unnecessary rubbish and all unused old clothing and waste. Move, dust, and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

"Second, brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbig the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use hot water on anything that is painted.

"Third, paint or whitewash the walls, ceilings and woodwork, then thoroughly dry, air and sun every room, especially the bedrooms.

"Fourth, give careful attention to the front and back yards, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitefash the fences and out-houses."

"HEALTH WEEK"

From March 21st to March 27, 1915, Should Engage the Attention of Every Organization in the Country Manned by the Negro.

The Dallas

As great as has been the work of Booker T. Washington and his marshals in the past in bringing to happen

the well nigh miraculous achievements of by-gone years, all of them pale into insignificance before the triumphant advance of his "Health Week" Campaign, staged for March 21-27, the year of our Lord, 1915. During that week the Dallas Express is going to see to it that a great Health meeting is held in which all the people take part. At such a meeting the colored doctors should preside and advice given our people as to how to live in health and live long. Let the pastors bestir themselves and the meeting during health week and will be one of the bright spots in our memory.

HEALTH WEEK COMES TO BRILLIANT CLOSE AT DEXTER AVE. BAPTIST CHURCH.

Prominent Physicians Deliver Fine Addresses

The Colored

4/3/15

Last Sunday night a fine health program at Dexter Ave. Baptist Church brought to a close the observance of National Health week which had been arranged by the National Negro Business League, Dr. Booker T. Washington president, a similar meeting was held March 22, at the Montgomery Industrial School, Miss White and Miss Beard principals. The program last Sunday night was arranged by the ladies Missionary Society of the Dexter Ave Baptist Church and carried out to their satisfaction. The choir furnished excellent music and a most beautiful solo was sung by Miss Bertha L. Loveless. "Dissipation, a cause of disease was discussed by Dr. R. T. Adair; "Ventilation", by Dr. J. A. DeRamus; "Oral Hygiene" by Dr. W. F. Watkins. "Infant Mortality", a paper prepared by Dr. Daisy L. Northcross was read by her husband Dr. D. C. Northcross and the subject of "Proper Nurishment' was discussed by Dr. D. H. C. Scott

The discussions were all able and sceintific and yet the practical side was presented in every case, and the fine congregation was greatly benefitted Those who appeared on the program deserve many thanks for they rendered most valuable service in the great cause of health. The people who were present listened with close attention and many commendable expressions have been heard concerning the meeting and the program.

Don't forget Health Week, March 21-27. It is a worthy movement. It will be as a wave set in motion, its influence will reach far and endure long.

The Express 4/3/15

Health Week—1915

Health and the Negro

THE BIRMINGHAM AGE-HERALD just comments on a pamphlet from Tuskegee in which it is stated that 450,000 negroes in the South are seriously ill all the time. The annual cost of the sickness of these is estimated at $75,000,000, and it is announced that onehalf of these diseases are preventable. Fortyfive per cent of the mortality is also said to be preventable. The economic loss to the South from sickness and death among the negroes is put at $200,000,000.

With these facts in view, the call of the National Negro Business league that the colored people of the country should devote this week, March 21-27, to matters relating to health is one which should receive attention from all parts of the country. Much can be done by proper methods in the way of increasing health and preventing sickness. A little attention to the subject, even during the course of a week, may bring very beneficial results. Many of the conditions under which the negro must live are not his fault. He cannot always help himself in these matters.

But it will be a great thing if the negroes will organize wherever possible and give these matters continuous attention. The United States census bureau in its just published statistical report on negroes shows that the death rate in 1910 was 25.5 per 1,000 population, as compared with 29.4 in 1900. The decline in the death rate was greater among the negroes than among the whites. Every city in the South except Key West and Memphis showed a lower rate among the negroes in 1910 than in 1900.

This is said to be due mainly to improved housing conditions, and the ownership of their own homes by the negroes. There are a number of other contributory causes to this result. No doubt there is more general attention given to health matters now than ever. Sanitation in the cities is better. More thought is put upon water and food supplies. There is more co-operation in the matter of the conservation of health than ever. Health week among the negro population of the country should be widely and carefully observed, and all the authorities and citizens in the municipalities should do whatever they can to advance this cause for general good.

HEALTH WEEK

March 21-27 has been designated as National Negro Health week. Attention has already been called to it in this paper; and the announcement as made by Dr. Booker T. Washington has also been published for the benefit of our readers. It is hoped that all of our people will observe the National health week. The program as outlined by Dr. Washington will mean so much to the race. One among the most important duties of the race is to conserve its health. In this particular hundreds of our people die every year for the lack of knowledge.

THE NATIONAL HEALTH WEEK

Health is wealth. And more. A sound body is necessary to the highest intellectual, moral and spiritual life. We cannot ignore the claim of the body and remain true to the highest rule of life. Good health is fundamental.

In the development of the Negro, the health problem is a serious, vital and pressing one. His poor health impedes his economic advance by decreasing his efficiency as a laborer and causing large bills for medicine and for medical treatment to say nothing of the general impairment.

The Negro Year Book for 1915 gives some startling facts. 450,000 Negroes in the South are seriously ill all the time. This illness costs these 450,000 persons seventy-five million dollars. 112,000 Negro workers are sick all the time with an annual loss in earnings of forty-five million dollars. 225,000 Negroes in the South die annually. This is an excess of one hundred thousand dollars figured on the basis of ordinary mortality. It is said that six hundred thousand Negroes of the present population will die from tuberculosis; 150,000 of these can be saved by proper medical attention. The Negro Year Book gives this startling statement: "The annual loss to the South in potential earnings because of preventable disease among Negroes is $170,000,000." It is also stated that 45 per cent of the deaths among Negroes is preventable.

We have presented these facts to show the relation of health to the economic advancement of the Negro. This reason alone is sufficient to call attention to a situation that is alarming.

Is it any surprise, therefore, that in the face of these facts that Dr. Booker T. Washington and the National Negro Business League call for the observing of the Health Week March 21 to 27th of the present year? The purpose of the Health Week is to call attention to the health conditions, to educate the people on the simple fundamental laws of living and the necessity of wholesome food, fresh air and necessary rest.

Here is a chance to preach to the people on a matter that vitally affects the present and the future. This movement calls for the united support and an undivided cooperation of all the people. Physicians and the Health Officers should be called upon and urged to take the lead in this matter. Charts should be prepared embracing the facts given above and other facts that will appear from time to time. An expenditure of a little money and a little energy will bring splendid returns.

NATIONAL NEGRO HEALTH WEEK. — The colored people of the nation are asked to unite in observing a national health week, March 21—27. We hope that our Lutheran colored Christians entered into the spirit of this movement with heart and soul, and did what they could to bring about better sanitary conditions in country and town. While the death-rate among Negroes has decreased in late years, it is still far too high. Humanly speaking, almost one-half of all the deaths among the Negroes of the South could be prevented if better sanitary conditions would prevail. And the betterment of the sanitary conditions rests, in a large measure, with the colored people themselves. If the instructions given for "cleaning-up" week were conscientiously followed, and conditions brought about by following the instructions would be made permanent, a remarkable falling off in the death-rate would soon show itself.

FOR THE IMPROVEMENT OF THE NEGROES.

The most energetic and promising movement yet made for the advance and betterment of the negroes, on both sanitary and educational lines, was inaugurated last week and will be continued through April. It is needless to say that this movement has the hearty and earnest support of the white people of the city and state; indeed the initiative has come largely from them. They know that the prevalence of disease among the negroes affects the whites as well; and that industrious, law-abiding and educated negroes make better citizens than those who are illiterate and ignorant, and add to the wealth and prosperity of the entire community. Thus, the health movement among the negroes began with the conference, held in the city last year on the suggestion of Dr. Downing of the Louisiana State Board of Health, having in view the improvement of the sanitary condition of those sections of Southern cities inhabited mainly by negroes; while the educational campaign which it is proposed to make during April has the support, approval and promise of assistance of Governor Hall, Mayor Behrman of New Orleans, the mayors of Baton Rouge, Alexandria, Mansfield, Gibbsland and other Louisiana towns, the state Superintendent of Education and the superintendents of many of the parishes. With this backing and support, these two movements cannot fail of success.

There has been some improvement already and the better condition the negro has achieved industrially has reduced the race illiteracy and the excessive mortality that prevailed only a few years ago. The census bureau reports that the mortality rate of the negroes has decreased, during the past decade from 29.4 per thousand to 25.5. This is a great improvement but the mortality still remains too high and can and should be reduced. To do so calls for a campaign of sanitary education among the negroes, one that will show them what they must do to improve the situation. They have always evinced a willingness to help if told what to do. Most of their sanitary deficiencies have been the result of ignorance, of their not knowing the principles of hygiene. Last week, under the auspices of the Negro National Business League, a vigorous clean-up campaign was started here and throughout the country. It took a practical turn. Lectures and sermons told the negroes exactly what to do. They were advised to haul out and destroy the trash and rubbish to which so many

of their race have a weakness, to sweep or scrape all floors and walls, to apply the white-wash abundantly and generally to get rid of all places where trash or dirt accumulate which can become a nest for vermin or disease germs. Some improvement has already been achieved; and the general campaign for a clean-up that has been carried on in New Orleans for a year past has made itself felt among the negroes as well as among the whites; but it would be a mistake not to recognize that only a beginning has been made and that a great deal of work still remains to be done to completely sanitarize the negro sections of most of the Southern—and indeed the Northern—cities, and to reduce the negro mortality to the normal.

We told yesterday of the educational movement to be organized among the negroes during the next few weeks. It will be led by Dr. Booker T. Washington, who will make a tour of the state, speaking to the people of his race in the principal towns, and preaching the doctrine of education, industry, sobriety and right living as the foundations upon which the race must rise to better things and command the respect and consideration of their white neighbors. It is the view of every thinking white man in Louisiana that a campaign on these lines will benefit not only the negroes but the state as well; and every encouragement should and will be held out to these meetings. If they are as successful as is hoped for they will help to remove the stigma that clings to Louisiana as the state having the largest illiterate population in the union; and its vital statistics will also show it to be one of the healthiest states instead of the figures being swollen by the high death-rate that still prevails among the negroes because of their ignorance of sanitation and their neglect of the simplest health precautions.

SPRING CLEAN-UP TO BE HELD HERE ON MAY 10 TO 15

Dates For Contest Among Children Are Announced By Brassell

TO OFFER CASH PRIZES

Commissioner Brassell, of the Health and Sanitary Department of the city, yesterday set aside the dates from May 10 to 15, inclusive, for the city clean-up campaign, and the garbage can contest by the children of the city.

Mr. Brassell said this year the department will offer straight cash prizes to the children for the garbage can contest instead of, as heretofore, giving various articles. A number of the stores, it is stated, have found the campaign such a valuable asset to the city that they have agreed to co-operate with the department and will add to the cash prizes to be awarded. The details of the campaign are to be announced later.

The State clean-up campaign has been set for the one day of April 5, next, and Commissioner Brassell yesterday stated that his department would co-operate with the State in every particular in an endeavor to make the campaign a asuccessful one. This campaign, however, will be separate from the regular annual city campaign which will continue for one week in May.

Commissioner Brassell also announced that notification is being sent to all keepers of markets and owners of wagons in which fruits, etc., are delivered, that all these must be properly screened by or before April 1, next. This notification is being sent out at this time in order to insure giving the firms and individuals ample time to do the screening before the mandates of the law are enforced.

In the municipal market yesterday were noticed several of the stands pushing the work of screening, and before the end of the week it is believed that everything down town subject to this screening ordinance will have been properly protected.

Health Day at Princeville Graded School

Tarboro, N. C., March 29.—A very interesting Health program was rendered at the Princeville Graded School, on Wednesday March 24.

At two o'clock the students went into the school auditorium where a large number of people were awaiting them. The program rendered was enjoyed by every one present. Everything done and said as pointing directly toward the betterment of our people and the sustaining of good health.

Mayor Paul Jones of the city of Tarboro gave a very fine address on "Education and Sanitation," Mayor Jones gave a very vivid point when he said that education and sanitation must be carried along together. He also said that it is almost impossible to teach sanitation before education.

Mayor Jones assured us that any aid needed in bringing about better conditions among our people, would be given by the city Board of Health.

Dr. Greene, superintendent of the county Board of Health read a very interesting paper on the subject "Flies and Filth;" Rev. Glass of the white Methodist church gave some very encouraging remarks.

Dr. A. S. McMillian our city physician spoke very forcably about children getting different disease germ into their body by visiting the dump piles and such unclean places. Dr. McMillian also spoke about the increasing intelligence among our rural districts.

"Clean-up-week was welcome among the "Tar City" people.

CITY-WIDE INTEREST IN HEALTH CONFERENCE

Special interest is being manifested in the health conference that will be held at Bethel A. M. E. Church on March 24, 25 and 26. Thousands of cards will be distributed and the pastors of every church in the city will be asked to announce the conference from their pulpits next Sunday.

Not only Dr. Booker T. Washington, who suggested that the colored people of this country hold a national health week celebration, will be present to deliver an address, but Dr. W. E. B. DuBois, editor of the Crisis, has been invited to speak. At a meeting of those interested in the conference, at Osler Hall Wednesday afternoon, a tentative program for the conference and exhibit was discussed. Rev. L.Z Johnson, Dr E. V. Fitzgerald and F. F. Johnson were appointed members of a committee to elect volunteers to visit the various churches the Sunday preceding the conference in order that general interest maybe stimulated. The general committee will meet next Wednesday afternoon at Osler Hall.

IT'S HEALTH WEEK FOR THE NEGROES

NEWARK N J MORN STAR
MARCH 22 1915

Nation-Wide Movement for Sanitary Education of the Colored Race.

NEW YORK, March 21.—Negro Health Week began today with nation-wide observance enjoined upon the members of his race by President Booker T. Washington of the Tuskeegee Institute in Alabama, joining hands with the National Negro Business League. It is known in the South as "Clean-up-Week." The New York Board of Health has set in motion machinery which will reach thousands of negroes who are content to be a part of death rate statistics which reveal appaling truths. In the United States the negro death rate is 23.6 per 1,000, as opposed to the white death rate of 13.7, and in New York city for the negro, 26.31; for the white, 13.40.

Lectures are being scheduled, visiting nurses in negro districts are arming themselves with Board of Health pamphlets, the many milk stations are prepared for twice the normal number of patients, and the tuberculosis clinics expect more patients than usual. Several churches have opened their doors for lectures. The Bureau of Child Hygiene of the Department of Health has taken the centre of the stage in this movement. In the milk stations experts will show negro mothers how to bathe their babies and how and when to feed them.

In many of the Southern cities the churches will observe today as a day of prayer and special health sermons will be preached.

Dr. Charles Frederick Boldman, director of the health department of the Public Health Education Bureau, says: "The advent of the Negro Health Week is most opportune. We have been alarmed for a long time at the conditions among negroes and the resulting death rates. Many lives are needlessly sacrificed through ignorance and it is our hope to bring about a noticeable improvement. Tuberculosis and the fondness of the negro for patent medicines are our greatest enemies. If we can teach them how to live under more sanitary conditions, abjure patent medicines and care for their babies, we will have the tuberculosis scourge by the throat."

Providence, R. I.

APR 7 1915

IMPROVING NEGRO HEALTH.

That the mortality rate among the colored population is vastly higher than among the whites has long been known. But the efforts to learn the cause and to remedy the trouble have not yet gone very far.

Now, however, the New York Department of Health is going into that task with an energy that promises good results. It is taking up the task with the coöperation of various colored civic organizations, all under an impulse given by Booker Washington and the National Negro Business League.

It is generally understood that this heavy death rate is the result of ignorance as to the most sanitary methods of life and the care of ailments in their inception. For example, two types of disease are notable for abnormally high death rates among the colored people. These are infant mortality and tuberculosis, in both of which it has been shown that right methods of living and care in the treatment of the disease can produce a notable saving of life.

This work of training the negroes to the mode of life that will lower mortality is eminently notable in itself. But it is even more so with regard to its effect on the whites. Living as they do close to the whites even when segregated, they cannot make their quarters breeding-places for disease without increasing the danger of infection for the white population. It may be hoped that the New York effort to improve conditions will be successful and widely copied.

Health Week-1915

GREAT NATIONAL HEALTH WEEK

To Be Observed from March 21 to 27, 1915.

Tuskegee Institute, Alabama, Jan. 16.—After considering the whole matter carefully, I am authorized by the executive committee of the National Negro Business League to invite the following organizations, as well as others to be named later, to unite with the League in observing a National Health Week:

Daily and weekly newspapers.
Health journals.
The National Medical Association.
The National Association of Graduate Nurses.
The National Association of Colored Women's Clubs.
The National League of Urban Conditions Among Negroes.
The National Association of Teachers in Colored Schools.
The National Negro Press Association.
The bishop and other officers of colored religious denominations.
State medical associations.
Annual church conferences and associations.
Secret society organizations.
Colored insurance companies.
Farmers' conferences.
Farmers' improvement societies.
Churches, schools and other local organizations.
State health officers.

In Alabama, Louisiana, North Carolina and other states special Health Days have at one time or another been observed. For some years the Virginia Organization Society, under the leadership of Major R. R. Moton, has observed a Health, or Clean-Up Week. It is thought to be well to unite all these efforts into a national movement and join this movement to the Virginia effort.

It is thought the race will welcome this opportunity to unite all these efforts in one great national health movement, and thus gain the benefit of the momentum and the enthusiasm that will come from a great united health movement.

Without health, and until we reduce our high death rate it will be impossible for us to have permanent success in business, in property getting, in acquiring education, or to show other evidences of progress. Without health and long life all else fails.

The following facts will illustrate something of the need and importance of this health movement:

Four hundred and fifty thousand Negroes in the South alone are seriously ill all the time; the annual cost of sickness of these 450,000 Negroes is $75,000,000.

One hundred and twelve thousand Negro workers in the South alone are sick all the time; their annual loss in earnings is $45,000,000; 45 per cent of annual deaths among Negroes are preventable.

Two hundred and twenty-five thousand Negroes in the South alone die annually; 100,000 of these deaths can be prevented.

The annual funeral expenses of Negroes in the South alone amount to $15,000,000; $6,500,000 of this amount could be saved.

Sickness and death cost Negroes of the South alone $100,000,000 annually; $50,000,000 of this amount could be saved.

We must reduce our high death rate, dethrone disease and enthrone health and long life. We may differ on other subjects, but there is no room for difference here. Let us make a strong, long, united pull together.

Other facts will appear in the weekly papers and in circulars from week to week, and information will be gladly furnished.

BOOKER T. WASHINGTON,
President National Negro Business League.

PROGRAM FOR HEALTH WEEK.

1. Move out and burn up all filth, decayed matter and all unused old clothing and waste. Move dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all furnishings of the house into the open air and sun them all day. If the day set aside for the cleaning up is cloudy or rainy, do this on the next day.

2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and wood-work of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of the family as long as they remain untidy. Scrape off the worn surface dirt level the walkways and paint or whitewash the fences and house. In whitewashing, use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the hen house. Whitewash them if you can and see that no filth remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses and churches.

CHARGE WHITE DOCTORS MAKE WRONG DIAGNOSES

Dr. Chas. H. Roberts Declares Negroes Stronger Physically than White Man.

NEGRO ROBUST IN HEALTH

John Hopkins Hospital Physician Corroborates the Claim and Writes a Letter Saying Negro's Power of Recuperation Is Greater than that of Whites.

At the first public meeting held in the city under the National Negro Health Week campaign, Dr. Charles H. Roberts declared that the statement giving the death rate among Negroes as in excess of the mortality of whites was wrong and based on false premises. He said also that more than fifty per cent. of the Negroes have white physicians attending them, and these physicians do not hesitate to class diseases of many kinds under the general head of consupmtion.

The meeting was held Monday evening, March 22, at Mt. Olivet Baptist Church, and was presided over by Eugene Kinckle Jones, the Rev. W. P. Hayes, pastor, being sick. Illustrated lectures on "Why Babies Die,' and "Agencies for Child Welfare" were given by Dr. Thomas Martin of the Board of Health and Frank C. Meyers of the Child Welfare Committee.

White Doctors Make Wrong Diagnosis.

Dr. Roberts' subject was "Care of the Teeth," but he took up the illustrations made by the first speakers, and showed conclusively that their examples were limited to the whites, and showed very little of the work being done by Negroes. He declared also that the pictures showed that advantages were provided exclusively for the care of the white children to the neglect of the colored babies.

The white physicians, by their careless diagnoses, foster a false impression that Negroes are naturally inferior physically to the white race. To the contrary he asserted that the Negro is naturally a healthy and robust being. He has gone through a refining process—first in the selection of the healthiest and strongest African tribesmen as slaves; second, in the survival of the strongest in the passage across the seas, and third, in the survival of the most fit in the ordeal of slavery. Dr. Roberts referred also to an injustice on the part of the health department in using examples of certain limited unsanitary sections as applying to conditions among all Negroes.

Baltimore Physician Testifies

Evidence in corroboration of his contention was submitted by Dr. Roberts in the shape of letters received from various physicians, white and colored, in all sections of the country, used by him in preparing an address delivered in London last summer at the International Medical Congress. One of the most authoritative of these he quoted was from Dr. DeWitt Bellinger Casler of the John Hopkins Hospital, Baltimore, Md., as follows:

"I have no hesitancy in saying that with a rather large experience I can state as my belief that the powers of resistance of the Negro race and their ability to recuperate after severe operations is greater than among the whites. One other thing must be taken into consideration in an investigation of this kind, and that is the Negro does not come to operation until they are in much more critical condition than the white people. Consequently they are very much more difficult cases to operate upon than the whites. In the gneocological work with which I have been specially associated in the wards at John Hopkins the recuperative powers of the black race has often been a matter of comment and is a very well known fact."

Dr. Martin admitted the truth of Dr. Roberts' contentions, but insisted that to maintain this strength and health of body Negroes should observe more carefully the laws of health.

Dr. A. S. Reed spoke on the subject "The Value of Health and How to Preserve It," objecting to the use of pacifyers for babies, overfeeding, advising fresh air, sunshine and cleanliness. The next meeting is scheduled for Thursday night, March 25, at Mother Zion Church, 145 West 136th Street, the Rev. J. W. Brown, pastor, who will preside.

DR. CHAS. H. ROBERTS

HEALTH WEEK NEXT MONTH

The Maryland Colored Health Association will conduct "Health Week" December 6 to 12, at the same time the National Association for the Prevention of Tuberculosis is conducting a National Health Week throughtout the country.

The Association plans to conduct clinics in various sections of the city for the examination of adults. Special cases among school children will also be directed at these clinics. Wednesday, December 8, is the day set apart for these examinations. The school children will present plays provided by the Association on Friday night and Sunday the various congregations will be appealed to to help better health conditions.

The interest of the school teachers, clergymen and the public in general will be enlisted to make the work of the Association a success during this week.

WHEELING PHYSICIANS OBSERVE HEALTH WEEK

WHEELING, W. Va., March 23.—Beginning March 21, at Simpson M. E. Church, the medical fraternity of Wheeling are celebrating Health Week

with the sole object in view of bettering the health conditions of the community. The celebration is in charge of Dr. Harold S. Gloster, assisted by the profession at large.

CAMPAIGN FOR HEALTH IN GREATER NEW YORK

The New York Age 3/18/15

[illegible] New York are co-operating in making the National Negro Health Week, to [illegible] March 21, a permanent value, to impress the facts upon every person possible, health meetings will be held in Greater New York City, beginning on March 21. Health literature pertaining especially to tuberculosis and sanitation will be freely distributed during Health Week. Among the many organizations trying to make this concerted movement an effective one, are the Utopia Neighborhood Club, the Music School Settlement, the West End Workers' Association, the Negro Civic Improvement League, the Lincoln Settlement, Brooklyn, the United Civic League, Inc., the Baptist Preachers' Conference, St. Phillips' Mens' Guild, the Interdenominational Ministers' Alliance, the Y. M. C. A. and Y. W. C. A.

On Monday evening, March 22, a meeting will be held at Mount Olivet Baptist Church, 161 West 53rd street. Dr. Martin of the Board of Health will give an illustrated talk on "Why the Babies Die." F. C. Myers of the Child Welfare Committee will give an illustrated talk on "Agencies Through Which Children's Lives May Be Spared." Dr. Albert S. Reed and Dr. Charles Roberts will also speak. The Rev. W. P. Hayes, pastor of Mt. Olivet Church, will preside.

On Thursday evening, March 25, a meeting will be held at Mother Zion Church, 157 West 136th street. The speakers will be Dr. York Russell, Dr. Gertrude Curtis McPherson, Dr. Leiser of the Health Department on "How Tuberculosis Spreads," and F. C. Myers of the Child Welfare Committee. The Rev. J. W. Brown, pastor of Mother A. M. E. Zion Church, will preside.

ALL READY FOR HEALTH WEEK

Conference On Next Wednesday, Thursday and Friday Promises to Bear Large Results.

The Afro-American Ledger

The first H[illegible] colored peo[illegible] be generally [illegible] programs [illegible] number of [illegible] spread interest is being [illegible]

In Baltimore the observance will take shape in a big conference and health exhibit at Bethel A. M. E. Church, Druid Hill avenue and Lanvale street, beginning next Wednesday and ending next Friday night.

From 2.30 to 8 p. m., each day an exhibit will be held showing the results of disease and methods for its prevention. Motion pictures will also be used to educate the public.

Among the speakers at the public meeting next Wednesday night, will be: Dr. Booker T. Washington, who conceived the idea for holding the conference; Governor Goldsborough; Dr William H. Welch, the well known pathologist. On Thursday evening Mayor Preston, Health Commissioner Gorter, Councilman Harry S. Cummings, Dr. H. S. McCard, Dr. J. Hall Pleasants and Miss Eleanor Jones are on the program, while on the closing evening the Maryland Medical, Dental and Pharmaceutical Association will have charge of the program, with Dr. W. E. Burghardt DuBois, editor of the Crisis; Dr. Howard E. Young, Dr. Harry F. Brown, Dr. William H. Wright, R. C. Powell and others as speakers.

The conference here has the endorsement of the Medical and Chirurgical Faculty of Maryland. The expenses for the same have been contributed by colored citizens and various race organizations.

The colored physicians have lent every aid to the movement and are among its most enthusiastic supporters. A number of ministers of the city have signified their willingness to mention the conference and exhibit to their congregations Sunday, and others will also allow laymen to urge it before their congregations.

700 NEGRO STUDENTS OBSERVE HEALTH WEEK

Constitution 3-28-15

President W. A. Fountain and the 700 students of the school observed health week with the following program:

Monday, the 22d, Dr. H. R. Butler, health officer of the school, lectured on "Cleanliness." First, the body, internally and externally; second, the room; third, the home; fourth, the front yard; fifth, the back yard; sixth, the spit of tubercular individuals and flies as disease carriers.

Tuesday, the 23d, Dr. A. D. Jones lectured on "If I Can Get You to Thinking." In this discourse he put some plain facts to the faculty and student body relative to causes and death rate of the negro people.

Wednesday, the 24th, Dr. H. E. Nash delivered an interesting lecture on "The Unseen Enemy of the Body and the Body's Standing Army." In it he paid special attention to the fly and his ways of spreading disease, and advocated war on the fly in every way possible and especially by perishing him out by screening the homes.

Thursday, the 25th, Dr. T. H. Slater delivered a lecture on "A General Talk of the Conservation of Health." He quoted figures from recent publications showing the enormous death rate of negroes and showed the financial loss from a standpoint of labor to the home, city, county and state; the cost to the families in doctors' bills, medicine bills and funerals.

Friday, the 26th, Dr. J. W. E. Linder delivered a lecture on "Cleanliness, Health and Beauty."

These lectures touched directly thirty teachers and 700 students, and through these persons these lectures will reach fully 25,000 other persons indirectly.

Morris Brown university heartily indorsed the editorial in Saturday morning's Constitution, "Make It Permanent." It has each year for ten years had a week of lectures on health, and from now on it will push them with more vigor.

Negroes Are Given Practical Lessons During Health Week

Constitution 3-24-15

Health week among the colored people of the entire city has met with a hearty response. From the opening day on last Sunday, when the pastors of the various churches took the lead at the 11 o'clock services at 3 o'clock in the afternoon with the Y. M. C. A. co-operating with the colored board of trade, to the close of Tuesday, a well-planned program has been carried out.

The program committee was fortunate in having the full co-operation of the Anti-Tuberculosis league, and from Dr. Claud Smith, city bacteriologist, and Dr. Thomas Slater, Sunday afternoon, at the Odd Fellows' auditorium.

The meeting that was held for Tuesday will, no doubt, have a far-reaching effect, for it touched every part of the city. This meeting was arranged by the consent of Professor Slaton for the children of all the schools. At 12 o'clock the children of the twelve schools marched in a body to the nearest church and there heard two addresses on health.

One of the speakers at each place of meeting was a representative of the Anti-Tuberculosis league, and the other a colored physician. Every colored physician in the city volunteered his services to help preach the doctrine of health and sanitation.

These meetings were arranged by the leaders of the different colored insurance companies and the colored board of trade, H. H. Pace, president. In addition to the addresses a bulletin of health was given each child and grown person.

A Great National Health Week to Be Observed From March 21 to 27, 1915.

The Bluff City Herald

Tuskegee Inst., Jan., 1915.

After considering the whole matter carefully I am authorized by the Executive Committee of the National Negro Business League to invite the following organizations, as well as others to be named

CLEAN-UP WEEK

Advertiser 3-18-15

Through the chairman of its civics committee, Mrs. Logan Pitts, the Georgia Federation of Women's Clubs has fixed the week between April 5-12 as "Clean-up" Week, for all Georgia, the rural districts as well as the cities. March 10 has heretofore been observed in this connection. It now is recognized that that date is too early to be generally effective, hence the change to a season which will appeal to house-cleaning instincts in country as well as in town.

"Clean-up Day" and "Clean-up Week" have come to have a vast significance throughout the country. Metaphorically, but more efficiently, they perform the function of the old-fashioned "sulphur and molasses" our grandmothers used to force on our reluctant palates. They set the system of the community clean and in order for the coming hot season, clearing away the accumulations of winter and proving a first-aid in the fight against the disease and death rates.

The slogan ought to be a "Spotless State" for Georgia for the week indicated. Go after the dirt and the germs with soap and water and brush and disinfectant. Clear up the incubators for flies and mosquitoes that later, will breed these carriers of death and disease. Make your premises not only sightly but sanitary. The campaign is only valuable in that it enlists thorough co-operation. If you clean up and your neighbor does not, or vice versa, a large part of the value of the crusade will be forfeited. It is, therefore, to your interest not only to get busy yourself, but to enlist the energies of everyone you know.

Remember the dates—April 5-12. And remember the purposes—sightliness and sanitation, which mean beauty and life as against disease and death.

VALUE OF CLEANLINESS STRESSED BY EDUCATORS

Constitution 3-29-15

During the observance of "National Negro Health week," the teachers and students of the Atlanta Normal and Industrial institute were addressed by Dr. Thomas H. Slater and Dr. W. H. Nelson, who urged a greater appreciation and practice of the learning that freedom and education had brought the negro race.

Dr. Slater pointed out that it was a false conception of freedom when a negro attempted to show that he was no longer a slave by wearing foolish clothes and by abusing his mind and body by prowling around or dancing all night. He stated that the mortality of the negro race in the south was greater now than during the period of slavery. The white population of Atlanta, he said, was 116,000, and the negroes number 56,000; the death rate of the colored inhabitants is 21 and that of the white 11. Dr. Nelson believed that the gospel of cleanliness, industry and common sense should be preached to the negroes once a month for fifty years.

REPORT CLEAN UP RESULTS.

The Constitution 3-18-15

Since we are devoting space to Clean Up Week, we should be pleased to have pastors report to us how Clean Up Week was observed in their communities.

Keep in mind health week March 21-28. It will be observed here under the auspices of the Urban League.

COLORED HEALTH WEEK

Negro Organization Society Makes Appeal for Clean-Up and for Tuberculosis Sanatorium

The Journal and Guide 3-13-15

Richmond, Va., March 10.—The Statewide "Clean-up" which is to be undertaken by the colored people of the State during the week of March 21st, is to be accompanied this year by a general appeal at the same time in behalf of the proposed sanatorium for the colored consumptives. In all the colored churches when the clean-up day literature prepared by the State Board of Health is distributed, the ministers and speakers are to enlist support for the plan to build an institution in which can be housed and treated the advanced cases of tuberculosis which are believed to be responsible for the rapid spread of consumption among the Colored Elaborate preparations are being made for clean-up week which is endorsed by the State health authorities and is regarded as of no small importance in the popular education of the colored element in the prevention of disease.

HEALTH CAMPAIGN ENDS

Large and Enthusiastic Meeting in Brooklyn Church Closes.

The Journal and Guide 4-3-15

The final and one of the most interesting meetings of the health week campaign which was conducted in New York city at the instance of the National League on Urban Conditions, in co-operation with many other movements in the city, was held on Tuesday evening, March 30, at Bethany Banptist Church in Brooklyn. Dr. Laura M. Riegelman spoke on "Baby Hygiene." Dr. Clarence A. Richardson, who has recently entered the field for professional work, spoke very instructive on "Preventive Medicine." The other speakers were Frank C. Myers, secretary of the Child Welfare Committee; E. K. Jones and George E. Wibecan, president of the Brooklyn Citizens' Club. Dr. William M. Moss presided.

Health Week - 1915

NATIONAL HEALTH WEEK AT WILEY UNIVERSITY

Marshall, Texas

By Professor William H. Clarke

Southwestern Christian Advocate 3/25/15

Wiley University has experienced two great revivals during the current school year: The one strictly spiritual and religious conducted by the Rev. Mr. Whiteside during the month of January and the other in the interest of physical health conducted during the week of March 21-27, the week of the National Health Campaign. These two revivals have both netted great results to the University and to the city and community generally. They have meant more than that; they have reached and elevated the springs of activity and service from whatever section the student body of the institution has been drawn.

National Health Week was ushered in at Wiley with a splendid Epworth League Program based entirely upon health and its preservation under the leadership of Mr. Leon Steward, chairman of the league committee on Recreation and Culture. President M. W. Dogan, lectured to the faculty and student body on Monday morning, the 22nd on "The reason for setting apart one week for National Health Observance." Statistics presented by Dr. Dogan on the high mortality of the race from consumption, typhoid fever, malaria and other diseases of a more or less preventable character, together with the tremendous expense necessary to meet these diseased conditions, al proved fitting arguments for the week's observance. Monday night Dr. P. L. Harrold discussed "The Influence of Disease on Civilization." In the course of his brilliant discussion, Dr. Harrold took occasion to ask and emphasize the following suggestions: "Are we free fro mthe bondage of disease? Are our muscles as supple and strong as they should be? How about the quality of muscles and brain we are to transmit to the next generation? There can be no difference of opinion concerning the answer that must be made to these questions. One out of every seven of us die from tuberculosis, and one out of every three or four has some evidence of the infection. Pneumonia diptheria and scarlet fever cut down the living prematurely, and lie in wait for the unborn More than 80 per cent of all deaths are from preventable causes; and still we do not prevent, nor make but little effort to do so."

On Tuesday morning Dean J. B. Randolph lectured to the student body on the subject of "The place of the schools in a physical health campaign." He emphasized the value and place of athletics in all forms and made the statement that the future life at the University would see the student body assigned to some form of daily outdoor physical exercise as an offset to the mental strain and efforts of the literary course. Tuesday night Dr. J. B. Sheppard, physician and surgeon-in-chief to the Sheppard Sanitarium, lectured in the University chapel on "The Influence of Environment of Longevity." Among other things Dr. Sheppard said: "It is an undeniable fact that the death rate from tuberculosis among the Colored people is double that from the same disease among the whites. How are we to account for this? In the first place I would name ignorance as a great impediment, then poverty, and then unsanitary conditions as ke find them in many of our large cities." Dr. Sheppard then argued for more thrift and economy as an offset to the conditions here mentioned.

Wednesday morning of the week Prof. William H. Clarke, Head of the Department of Natural Science, addressed the students of the University on "The Campaign for Fresh Air." He spoke fo its vitalizing influence in the home, the school and churches, and urged a close contact with fresh air in all three of these places. At night Dr. G. T. Coleman lectured on "The Influence of Cell-nutrition on Physical and Mental Development." Dr. Coleman dwelt to some extent on the function of the mouth, stomach and intestines in the human system. He spoke further of the value of various food-stuffs and the methods of preparation for a healthy and palatable diet. Dr. Coleman says, "The value of a food depends largely upon the method of preparation. A number of circumstances modify the demands for food, as age, size, work. Excess in meats often cause derangement in metabolism, as rheumatism, indigestion and skin trouble." Dr. Coleman's argument was a very strong one for the support of the various "Homes" connected with the several schools under the Freedmen's Aid Society and particularly the domestic science phase of the work connected with these "Homes."

Thursday morning Prof. William Pickens lectured on "Health; the comparative statistics, Negroes and whites, showing the influence of the social environment." Prof. Pickens said that "Negroes die faster in Southern cities than in Northern, but at the same time the death rate was decreasing in both, faster in Southern cities. In the South the death rate of both the whites and blacks is high, with the Negro death rate decreasing faster than the whites. More Negroes die than whites from "unknown causes." This, according to Prof. Pickens results largely from "carelessness and self doctoring." On Thursday night of the week, Dr. H. W. Jones discussed "Oral Hygiene." Dr. Jones said, "Sanitation has been made the tocsin of war against disease and filthy environments. The best means for preventing sickness is to raise the living power of the individual to a state of immunity." Dr. Jones sounded the keynote for cleanliness both within and without, a cleanliness of life of home and its immediate surroundings.

Friday was observed as Clean-Up Day. At the morning chapel assembly teachers and students were assigned to their respective duties for the day, and the work of general house-cleaning of all buildings from garret to cellar, from the front to the back yards and grounds went merrily on throughout the day. Friday was selected by the committee in charge for the work of general cleaning, because Saturday had already been set aside for other business of the institution in line with the work of the week. The Health program was extended over into the following week.

Sunday morning of the 28th Dr. Jesse S. Scott spoke on "Physical Health; Public and Private." He encouraged the spirit of optimism in the great conflict with all the diseases to which human flesh is heir. "Optimism," he says, "happy, bouyant, wholesome optimism counts more for health than do all the rest of the laws of hygiene. Manhood will never begin to approach perfect health unti we realize that idleness is not misfortune alone but self inflicted wrong. We can trace consumption or pneumonia to a cold carelessly contracted We know that smallpox, the plagues and infectious fevers are due to uncleanliness of person or surroundings. Enlightened science is relentlessly fixing responsibility for all our ailments, small or serious, upon ourselves." Sunday night, Dr. O L. Bledsoe discussed, "Metabolism of the Digestive system and Hygiene." Dr. Bledsoe emphasized the great value of knowledge and virtue as absolutely necessary to the acquirement and preservation of physical health. "The health," he said, "must be preserved by a careful and proper balancing of the physical income with its expenditures." The open air, simple diet, carefu bathing, proper rest both physical and mental less meat as food, plenty of work, were given as necessary to the preservation of the health.

Prof. Robert E. Brown, closed the program for Health Week on Monday night with an interesting stereoptican lecture on "The hookworm as it relates to public health." Prof. Brown gave a brief history of the hookworm both in Europe and America. According to him the disease is more prevalent among the whites than among the Negroes. He cited statistics to this effect. Prof Brown says, "People who expose their bare fee to poluted soil are infected in the following manner: the worm gets into the pores of the flesh enters the circulation and finally lodges in the small intestines. "Some of the symptoms," according to Prof. Brown, "are retarded growth in children, tallow like skin and complexion, prominent abdomen, ravenous appetite, the eating of dirt, wood or plaster, dull mentality, headache, dizziness and insomnia." The hookworm disease while prevalent among the Negroes of the South has not been taken up and studied from the standpoint of medical science as it has among the whites. A closer study is yet to reveal the Negro's real status respecting this peculiar disease.

Health Week meant much to Wiley. It meant much to the city of Marshall and the surrounding community. The city Colored schools entered heartily into the movement. Students were examined by the competent physicians already men-

Urban League Health Week March 22

The Survey Tribune 3/6/15

LOCAL DOCTORS TO ASSIST IN CELEBRATION

City Health Exhibit by Dr. Brunner—Bishop Reese to Address Gathering—Ladies to Help.

In response to a call sent out by Dr. Booker T. Washington, of Tuskegee, for the observance of National Negro Health Week, the local branch of the National League on Urban Conditions Among Negroes will observe the week at its headquarters, St. Augustine hall, corner West Broad and Gwinnett Lane, beginning Monday night, March 22.

Dr. Brunner, city health officer, will place on exhibition at the league's headquarters during the week the city's health exhibit which elicited so much favorable comment at a meeting of the national city health officers' convention recently held at Jacksonville, Fla., and which deals with the diseases most prevalent in this part of the country and particularly in this city. Dr. Brunner and his assistants will have personal charge of the exhibit which will remain at the league's headquarters all during the week.

Aside from this, the Right Rev. F. F. Reese, bishop of the local Protestant Episcopal diocese, will address the meeting one night during the week. It was through Bishop Reese that the league was able to secure its present headquarters, and the members and friends of the league will be pleased to have him address them.

The local Negro doctors' association will have charge of one night's program and their discussion of the various health subjects will be of great interest and will add much to the importance of the occasion.

The ladies of the league, who have done so much to make the work of the league effective, will add greatly to the celebration by taking charge of one night's program.

The Tribune will later publish each night's program.

tioned in this article and their parents informed as to their exact physical condition. The health wave reached from the schools into the community with the result that Marshall is a cleaner city, through and through, because of its observance.

President Dogan expressed himself as perfectly satisfied with the general results accomplished both in the University and among the Negro portion of Marshall's population.

NATIONAL NEGRO HEALTH WEEK PROGRAM.

March 21-27, 1915.

The program herewith submitted for the observance of National Negro Health Week is only intended to be suggestive. It is prepared with the thought that it may contain some ideas acceptable to various localities. It is hoped that the schools, churches, secret societies, Negro Business Leagues and other organizations, as already advised, will take the lead in seeing that Health Committees are organized for the purpose of co-operating in this movement to secure better health for our people. It is hoped that these Committees, when organized, will endeavor to get the Health Officers of states, cities, and counties to co-operate with them to make the Health Week observance effective, and also that meetings will be held from time to time during the week where health topics will be discussed.

The officers of various organizations are urgently requested to take the leadership in this movement. Any further information, if desired, will be furnished by:

(Signed)

BOOKER T. WASHINGTON,
President National Negro Business League.

Tuskegee Institute, Alabama, March 1, 1915.

What to Do During Clean-Up Week.

1. Move out and burn up all unnecessary rubbish and all unused old clothing and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitewash the fences and house. In whitewashing, use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the hen-house. Whitewash them if you can and see that no filth remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses at schoolhouses and churches.

PEOPLE'S FORUM

A HEALTH-WEEK SUGGESTION.

I am always interested in the many movements to better the conditions of the race and though I am not connected with any of the various organizations which are engaged in racial uplift and general health activities, I do not think it would be out of place to present my ideas and offer a few suggestions in regards to the health of the race which is to be discussed lengthly at the coming conference during health week 24 25 26th inst.

It is presumed that the meetings will be largely attended. but it is a well known fact the meeting will be largely attended by representative people of the race, and those of the race who we are, largely in a measure, seeking to help and better the race's living surroundings will not be present to hear the very instructive advice delivered by the speakers and few of them will hear of it through the press, for it is a well known fact that tuberculosis and other contagious diseases found more frequently among the poorer classes of the race who live in the smaller streets with unsanitary surroundings. This class of the race with the exception of a few, rarely if ever attend any lectures given in behalf of the race. Therefore it is a great task to reach every member of the race with this health movement which is of great importance to one and all and more so to those who are housed in unsanitary surroundings. It is a well known fact that if a lecture on the subject was given at a certain place or different places every day in the year, all the race would not be reached either by lectures or the press owing to lack of interest among a large per cent of the race to attend lectures or read the papers they are satisfied to sit still and let the world move along the same until they are victims of tuberculosis or some other contagious disease

My idea of reaching every family in the city of all classes of the race is to have printed thousands of large pasteboard cards giving general hints as to the proper course to prevent diseases of various natures, eating, drinking and sleeping rules, with great importance as to cleanliness and clean surroundings; with instructions to keep cellars, yards and alleys clean, and two pictures on each card, one showing a clean home with a healthy family, the other showing a home unkept with a sickly family. These cards to be distributed in every home free of cost with instructions to keep them hanging up as a general reference to health. I believe this method would serve to do much good among the race and greatly decrease tuberculosis and other contagious diseases.

Of course the question is where is the money to come from to furnish and print these cards? I have a plan which I will not state here but if the plan meets the approval of the health committee and the public in general, shall be pleased to make it known whereby a large sum could be secured without its being felt by the givers.

The distributing part could be done by the public school teachers and other public spirited co-workers who are interested in the general welfare of the race and would give a few weeks or a day or two each week to the cause gratis during the vacation season.

It is the duty of those who have the superior understanding who should respond readily to lend their aid to the great cause of helping their more unfortunate fellows. There is much glory in giving and if you haven't funds to give, give a helping hand.

Trusting the committee will give this plan a fair share of consideration, I am for the race first, last and all the time.

M. A. B.

DOCTORS ALONE ON THE PROGRAM.

The following doctors and dentists have been requested on Sunday, March 28, to appear at one of the meetings held at the church opposite his name on that day and give a five or ten minute's talk on some health topic:

Drs. W. R. McMillan and M. C. Cooper, Macedonia Baptist Church.

Dr. J. T. Welch, Preston Street Christian Church.

Dr. P. M. Sunday, St. James A. M. E. Church.

Dr. J. H. Dodd, St. John's Baptist Church.

Drs. B. R. Bluitt and G. W. White, Bethel A. M. E. Church.

Dr. G. H. Wymann, Munger Avenue Baptist Church.

Dr. B. E. Howell, El Bethel Baptist Church, Oak Cliff.

Dr. F. M. Brooks, Evening Chapel C. M. E. Church.

Dr. A. L. Runyan, Mt. Rose Baptist Church.

Dr. M. N. Leach, New Hope Baptist Church.

Dr. D. W. Shields, Rev. B. F. Lakey's Church.

Dr. M. P. Penn, St. Paul M. E. Church.

Dr. O. R. Busch, Salem Baptist Church.

Dr. C. L. Morgan, Plymouth Congregational Church.

Dr. J. B. Burnett, Church of God.

Drs. R. T. Hamilton and A. H. Dyson, Oak Cliff C. M. E. Church.

NATIONAL HEALTH WEEK STARTS WITH DAY OF PRAYER

Dr. Booker T. Washington Selects Sunday, March 21, as Day for United Supplication in Churches Throughout Country for Success of Clean-Up Week.

EVERYONE ASKED TO AID.

Special Appeal to All Ministers to Cooperate for Better Health Conditions —Programs Should Be Arranged to Suit Local Conditions.

(Special to Chicago Defender.)

Tuskegee Institute, Ala., Feb. 19.—In response to numerous calls for suggestions as to how National Negro Health Week may be observed, the following for the first day—Sunday, March 21—has been issued by the executive committee of the National Negro Business League, Dr. Booker T. Washington, president. Specific instruction for observing the other days of health week will be published in booklet form and distributed at an early date.

A Day of Prayer.

In order that the people may enter heartily into the movement for better health and to the end that the program may be effectively carried out it is suggested that the ministers of all the colored churches throughout the nation set aside the third Sunday in March—the 21st—as a day of prayer for better health conditions and that each minister arrange to preach on this day a special health sermon to his congregation.

In addition to this each minister is requested to arrange, wherever possible, appropriate services which shall include a discussion of local health conditions and any other matters which in his judgment will make the clean-up week a success.

Clean-Up Committee.

It is further suggested that each community have a clean-up committee, which shall investigate the conditions which menace the health of their community, arrange the program to suit these conditions, and then see that the program is carried out and that the community is thoroughly and systematically cleaned.

In cities and communities where there is designated a date other than March 21 to 27 for general cleaning it may be well for the colored people in such cities and communities to arrange for their cleaning to be done on that date. These suggestions are submitted for cities and communities where no clean-up week has been designated.

Why an Entire Week.

An entire week is set apart so that in case of cloudy or rainy weather the first fair days may be used to do the cleaning.

Health Week – 1915

NATIONAL HEALTH WEEK

The National Negro Business League has sent out a call, signed by President Washington, for the observance of "Health Week," beginning with Sunday the 21st.

It is expected that every pastor of a colored church in America will read the call to his congregation and urge upon his people the observance of the suggestions offered by the National Committee.

We hope that no pastor in St. Louis will fail to perform this **sacred obligation.** Sacred Certainly! For if there is any one thing God Almighty requires of His children, it is **health.** "What! Know ye not that your **body** is the **temple** of the Holy Ghost?" "Present your bodies a living sacrifice, wholly acceptable unto God, which is your **reasonable service.**"

Indeed, it is made an absolute condition of entrance into heaven. Who shall ascend into the hill of the Lord, or who shall stand in His holy place? He that hath **clean hands** and a pure heart." Cleanliness is not only next to, but **equal** with, godliness And cleanliness can only result from observing the fundamental laws of health.

Most of us realize the importance of **personal cleanliness**—clean clothes and clean bodies. But equally important are our **surroundings.** People are largely the product of their environment. Those who live in the midst of dirt **will be dirty**—physically or morally—or both. Adversely, those whose surroundings are clean **will be clean,** even though they may be poor. Poverty is **no excuse** for dirt or disease.

Hence the emphasis which the National Health Committee puts upon the cleaning up of our surroundings. Therefore, we supplement the call of the League, and urge every Negro resident to observe Health Week by a general cleaning up of person, of house of grounds and of surroundings.

The result will be twofold: First, **health.** Every dust heap, every dirt pile is a breeder of disease; and of those particular types of disease which are peculiar to the Negro. Second, **respect.** No person, dirty or living amid dirt, can be self-respecting. And no person lacking in self-respect can command the respect of others.

Then, let us clean up. Not only will it bring us an epidemic of health; not only will it make us self-respecting; but it will command and win the respect of the white residents. And thus will be effectively answered their stock argument that neighborhoods run down and property depreciates with the invasion of Negro residents.

So, down with **dirt,** the Tyrant! Up with King Health, rightful heir to the throne!

COLORED HEALTH EXHIBIT.

Among the speakers to address the health conference to begin its sessions at 2 o'clock tomorrow afternoon at the Bethel Methodist Episcopal Church, colored, will be Governor Goldsborough, Booker T. Washington and W. E. Dubois, editor of the Crisis. The official opening of the conference will be at 7 o'clock in the evening, but exhibits pertaining to the higher attainments of health will be viewed in the afternoon.

NEGROES WILL OBSERVE A NATIONAL HEALTH WEEK!

Tuskegee Institute, Ala., Feb. 9—After considering the matter carefully, I am authorized by the Executive Committee of the National Negro Business League to invite the following organizations, as well as others to be named later, to unite with the League in observing a National Health Week:

Daily and weekly Newspapers.

Health journals.

The National Medical Association.

The National Association of Graduate Nurses.

The National Association of Colored Women's Clubs.

The National League on Urban Conditions Among Negroes.

The National Association of Teachers in Colored Schools.

The National Negro Press Association.

The Bishops and other officers of colored religious denominations.

State Medical Associations.

Annual Church Conferences and Associations.

Secret Society organizations.

Colored insurance companies.

Farmers' Conferences.

Farmers' Improvement Societies.

Churches, schools, and other local organizations.

State Health Officers.

In Alabama, Louisiana, North Carolina, and other states special Health Days have been observed. For some years the Virginia Organization Society, under the leadership of Major R. R. Moton, has observed a Health or Clean-up Week. It is thought to be well to unite all these efforts into a National Movement and join the movement on to the Virginia efforts into a National Movement and join the movement on the Virginia effort.

It is thought that the race will welcome this opportunity to unite all these efforts in one great National Health Movement, and thus gain the benefit of the momentum and the enthusiasm that will come from the great United Health Movement. The dates decided upon are March 21, to 27, 1915.

Without health and until we reduce the high death-rate it will be impossible for us to have permanent success in business, in property getting, in acquiring education, to show other evidences of progress. Without health and long life all else fails.

The following plain facts illustrate something of the need and importance of this health movement:

450,000 Negroes in the South alone are seriously ill all the time; the annual cost of sickness of these 450,000 Negroes is $75,000,000.

112,200 Negro workers in the South alone are sick all the time; their annual loss in earnings is $45,000,000; 45 per cent of the annual deaths among Negroes is preventable.

225,000 Negro workers in the South alone die annually; 100,000 of these deaths can be prevented.

The annuaal funeral expenses of Negroes of the South alone amount to $15,000,000; $6,500,000 of this amount could be saved.

Sickness and death cost Negroes of the South alone $100,000,000; $50,000,000 of this amount could be saved.

We must reduce our high death rate dethrone disease and enthrone health and long life. We may differ on other subjects, but there is no room for difference here. Let us make a strong long united pull together.

Other facts will appear in the weekly press and in circulars from week to week and information will be gladly furnished.

furnished.

BOOKER T. WASHINGTON,
President, National Negro Business League.

HEALTH DEPARTMENT WILL AID CLEAN-UP WEEK

Dr. Howard C. Schenck, health commissioner for the city of Norfolk, desires to co-operate with the Negro Organization Society of Virginia in the movement for a "Health Week," which will be observed March 21 to 27 inclusive, and to that end has tendered the aid of the city street cleaning force and entire health department to assist in making the week successful from every point of view. Elsewhere in this week's issue of The Journal and Guide is an official notice calling attention to the movement and giving instructions for the removal of trash, debris and other refuse matter that will be placed on the streets.

Dr. Schenck is particularly interested in the movement for better health on the part of the Negro

Organization Society and to a representative of the Journal and Guide said that he was anxious to co operate in every possible way in the movement. He regards the effort as a most commendable one and will place at the disposal of the workers every facility of the city health department.

Immediately after "Clean-Up Week" the entire force of sanitary inspectors will make a thorough inspection of the colored sections of the city for the purpose of reporting any failure of any one to comply with the requirements of this order, as provided in section 305 of the city code.

GOOD HEALTH.

The statement comes out from Tuskegee that of the ten millions of Negroes in the United States, six hundred thousand of them will die of consumption. It is also stated that one hundred and fifty thousand of this six hundred thousand can be saved. National Negro Health Week begins March 21st, and continues to March 27th. During this week put forth every possible effort to improve health conditions about your home and in your own community. Clean up the house inside and outside, clean up the front yard and the back yard, white-wash the houses, barns, fences and trees, and sprinkle lime about the premises. Clean up now, and then keep cleaned up all the time, especially during the warm summer months. Filth breeds flies and flies are carriers of disease If things are clean flies are prevented and the possibility of disease is lessened.

In order to have good health we must not only have cleanliness but we must have fresh air. Let us spend as much time as we can in "God's out of doors". And when in doors let us have the fresh air to come in.

Again, good health depends very largely upon good habits. The people, especially adults, who are victims of disease are those who run to excess in evil habits, dissipation and self-indulgence of various sorts—the use of tobacco, whiskey and drugs, such as opium and cocaine. These things weaken the body, lessen its power

of resistance and make fertile soil for the growing of disease germs. Men, stay at home at night, go to bed and get plenty of sleep and you will have good health.

The largest per centage of deaths among Negroes is found among babies. Death exacts its greatest toll from infants and children. The reason so many children succumb to disease in many cases is the fact that parents by their evil living weaken their own bodies and transmit to their children bodies with low vitality and small resisting power. Healthy parents will generally beget healthy children. We owe it to our children, we owe it to the future to give it a healthy race of men and women. We can only pay this debt by keeping health yourselves.

An Economic Waste

The Negro death rate is recieving much attention at the hands of health experts and economists, because of the disparity between the mortality rate of the two races.

In Virginia, for example, the white mortality rate is 13.6 per 1000 of population and the colored rate is 18.2 per 1000. The average rate for the state, including both races is 13.92 per cent, which is considered high. The State Health Department explains that the State does not make a better showing because of the excessive Negro death rate.

For a long time the South was in the habit of explaining its high rate of illiteracy by calling attention to the great per centage of illiterate Negroes. A careful investigation showed that the Negroes had reduced their illiteracy to 30 per cent, and immedately a new era in educational advancement was begun in the South.

The best way to promote good health is to use pure air, pure food and pure water. Ignorance of this simple rule is responsible for much bad health. Where the colored people lack education most and have the most insanitary living conditions their mortality rate is highest.

As Monroe Work well says, "there is no iron law of mortality. Length of life increases wherever sanitary science and preventive medicines are applied."

The colored people can and are doing much to decrease their death rate and increase their efficiency. The press, ministers, physicians, teachers and laymen are constantly preaching the gospel of health. In Virginia the Negro Organization Society sent health literature last year to 350,000 Negroes. The Journal and Guide spreads health literature into ten thousand homes every week in the year. Other colored newspapers in the state are doing the same thing. But with all of these forces at work progress will be slow unless the State takes a more active part in the work.

Colored people do not ask nor expect the State to do for them what they can do for themselves. But we do ask and expect the State to do its duty by us.

The white death rate from tuberculosis in Virginia is 119.5 per 100,000 of population. The colored death rate from tuberculosis in Virginia is 270.5 per 100,000.

The State maintains a tuberculosis sanitarium for whites but does not provide any treatment for indigent colored consumptives, even though it is aware that twice as many Negroes as whites are afflicted with the disease and that it is a contagious and communicable malady.

It is equally true that laws for the protection of the health of the people in the municipalities are not enforced with due regard for the health of the colored population.

Norfolk is especially delinquent in this respect. The unpaved streets in the colored section of the city are broad highways to disease and death and the ancient tenements are tubercular incubators.

Who pays the price of the economic cost of the Negro mortality rate? It is estimated that in Virginia there are 41,100 Negroes seriously sick all the time; their loss in earnings as a result is $41,100,000; the cost of doctors' bills is $8,000,000; 13700 Negroes die annually; their funerals cost $680,000; out of this number the value of lives that could have been saved is $10,480,000; the financial loss to the State because of this excessive amount of sickness and death is $23,260,000; by making sanitary improvements in the communities in which Negroes live the State could save annually $14,740,000.

How long will Virginia ignore this economic waste?

FOR BETTERMENT OF HEALTH CONDITIONS

NATIONAL NEGRO HEALTH WEEK PROGRAM.

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The officers of various organizations are urgently requested to take the leadership in this movement. Any further information, if desired, will be furnished by:

BOOKER T. WASHINGTON,

What To Do During Clean-Up Week.

1. Move out and burn up all unnecessary rubbish and all unused old clothing and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitewash the fences and house. In whitewashing, use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the hen-house. Whitewash them if you can and see that no filth remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses at schoolhouses and churches.

Local Health Campaign.

Aroused by the high death rate prevailing among colored people of this city, the Bureau of Public Health Education of the Department of Health in co-operation with various colored civic organizations, has begun an intensive campaign of health education in various sections of the city largely inhabited by their people.

Figures prepared by Dr. William H. Guilfoy, Registrar of Vital Statistics, show that the general death rate among colored people in this city is almost double that of the city at large. Thus in 1914, out of 74,803 deaths, 2,631 were those of colored people. Inasmuch as the total population of the city is just about 100,000, this gives a colored death rate of 26.31 per 1,000, as compared to the general city death rate of 13.40, or 1,000 during the same year

In Harlem the Department of Health last week opened a new infant milk station at 2155 Fifth avenue, near 135th street. This will be made the center of the educational work in infant hygiene among colored people of that section. In addition to this, health lectures are being held in Mother Zion Church, 136th street and Lenox avenue, and in Mt. Olivet Baptist Church, 159 West 53d street.

In speaking of this campaign, Dr. Bolduan, director of the Bureau of Public Health Education, said: "The campaign now being conducted by this bureau is part of a nation-wide movement begun by Booker T. Washington and the National Negro Business League." The high mortality among colored people manifests itself especially in tuberculosis and in infant deaths. In the former, the death rate is more than four times that among the rest of the population, and the infant rate is more than four times that among the rest of the city at large. In both of these, preventive measures are easily applied and there is no doubt that health education will do much to save lives now needlessly sacrificed because of ignorance.

HEALTH WEEK.

Several weeks ago, at the suggestion of Dr. Booker T. Washington and the National Negro Business league, next week, March 21 to 27, was set apart as Health Week. The suggestion met with hearty response throughout the country. It was in sympathy with a general move throughout the country, the object being to stamp out diseases which were making inroads on the people. Recent years have brought about the discovery that much of the sickness is unnecessary. Diseases are being fought out by improved sanitary methods, which largely includes cleanliness, expert cleanliness, if one may so call it.

The colored people long since have had the reputation of being more prone to illness than the white people. This was not due, we would think, to difference of natures. Our people have not had the best advantages of those things which make for the best conditions. Proper clothing, proper housing are included in the sanitary scheme of today. Both ignorance of those things and the inability, owing to money needs, to have had them made it bad for the Negroes in the past. Ignorance and inability are no longer to be the excuses for not coming up to the requirements.

Finally we have men of our own race who are prepared to give the proper advice. We have more money, enough to answer the severest sanitary demands. In fact, money is not the feature here. Mind to know and direct and muscle to do, are the features. This will be plainly seen in the health program that was seen in this publication last week.

Already the suggestion of Health Week has borne fruit. It has been given wide publicity in race journals. It is safe to say that attention has been called to it in public places. We think the work of calling attention to the needs of the week is done. We can weld home the necessity, however, and that's what we are doing. Our health situation has been improving for years, due to the conduct of our lives along the ways of those about us. The unanimous preachment of the work, of pulpit, press and platform, will be as an incense, ascending the hill of the occasion, all pervading, yet permanent in the good accomplished.

Health Week - 1915

All Forces Unite for Big "Clean-Up Week" in Atlanta

Constitution 3-28-15

The Sanitary Department to Cart Away All Debris. Assists Those Unable to Secure Helpers.

All Atlanta is urged to join with the board of health in putting through the city's "spring cleaning" to be undertaken during "Clean-up week," which will be the first week in April.

"Now is the chance for every one to co-operate with us in getting ready for the warm weather and placing our premises in sanitary condition before the opening of spring," said Dr. W. E. Quillian, president of the board of health, Saturday. "Every one ought to feel it a duty and a privilege to become enlisted in this movement."

Health Board Asks Aid.

Dr. Quillian has issued the following card to the public, relative to "Clean-up week:"

To the Public: The board of health wishes to enlist the interest of all civic bodies and citizens generally in a movement to set aside the first week in April for "Clean-up week." We also desire that all organizations in accord with this work urge upon their members to take a personal interest in the undertaking.

Heretofore we have had a "Clean-up day," and this has proved a great help both in improving health conditions and the general appearance of the city. But one day has been insufficient to accomplish the work necessary and the greatest good, and we have this year determined to urge that an entire week be devoted to the purpose of cleaning up our city.

If everybody will co-operate, clean up and call the health department, saying that the trash is ready to be carried away, Chief Jentzen will have ready fourteen two-horse wagons to respond to these calls during the entire week; then we will have our city in a more sanitary condition than ever before. By this method before "fly time" much preventable sickness will be avoided.

Thanking you for your co-operation, I am, W. E. QUILLIAN, M. D., President Board of Health.

Main 4100 for Information.

The officers of the sanitary department have announced that they will be glad to aid in every way the householders who are unable to secure drays for hauling away trash and debris from their premises.

The department will also be ready to offer suggestions and advise with any one not familiar with the city's ordinances governing the placing of trash on the streets and in the alleys. Those desiring information may call phone Main 4100.

Club Women Squarely Behind Movement — Federation Head Offers Practical Suggestions.

The club women of Atlanta feel more than an ordinary interest in "Clean-Up Week," and Mrs. Samuel Lumpkin, president of the City Federation of Women's Clubs, has issued a statement to the women of Atlanta urging them to put forth their best efforts in making their city more sanitary, more attractive and a better place in which to live. Her appeal follows:

"To the Women of Atlanta: Saturday, April 10, is the day selected by the City Federation of Women's Clubs for 'Clean-Up Day' in Atlanta.

"Governor Slaton, at the request of Mrs. Z. I. Fitzpatrick, president of the state federation, has set aside the week beginning April 2 for 'Clean-Up Week' through the state, and I am sure that it will take quite that long for Atlanta, but we want Saturday to be the big day—when the boys and girls will get busy—and by Sunday morning have a city that the sun will not be ashamed to shine on.

"We have the assurance of Councilman Claude Ashley that the sanitary department of the city is in hearty co-operation with the 'clean-up' movement, and is ready to lend its assistance in any way possible.

Give Surplus to Needy.

"It seems to me 'Clean-Up' day this year can be made helpful in many ways. May I make a few suggestions? When you take your curtains down, if you have no regular curtain washer, telephone the Emergency Employment association, Ivy 7110, for a responsible woman to come and get your curtains; telephone the same association for a woman to mend your rugs; the same, again, for a woman to wash and polish your woodwork and furniture. When you go through your packing trunks, such things of your own and your children's that you do not wish to keep, send to the Travelers' Aid matrons at the union depot and the Terminal station. You would be surprised at the number of ragged and hungry men women and children that pass through our stations.

Aid Settlement House.

"The old furniture in the attic, th is only catching the dust and taki up room, would be so gratefully received at the Church Settlement home, 148 Trinity avenue. This same home would be delighted to get the odd plates and cups and saucers that have been an eye-sore to you, and yet have kept you from buying the things you wanted. This home was established this winter to meet conditions. It is a home for the homeless, unemployed girl, who is not a physical or moral menace to those around her.

"Your magazines—so many, many places to send them—the prisons, reformatories, Home for Incurables, Salvation Army. You can get painting and wall tinting at most reasonable prices. If all the club women of the city federation get busy for 'Clean-Up' day, Sunday, April 11, will find our beautiful city crisp and clean and fresh.

"MRS. SAMUEL LUMPKIN, "President City Federation."

Newark N.J.

NEGROES GAIN HEALTH WITH HOMES.

The first separate bulletin on negro mortality to be published by the United States Government deals with the census of 1910, as compared with that of 1900, and covers only a "registration area" comprising fifty-seven cities, so that it throws no light on the subject as regards the negro rural population. So far as it goes, however, it is satisfactory as showing an average decline for the decade of 3.4 per 1,000 in the death rate, although the negro mortality was still almost double that of the whites. For some reason the New Jersey cities included in the report did not share in this improvement; but it must be remembered that the figures are five years old. The salient feature of the showing is that the general drop in the negro death rate has accompanied an increase of home-owning by colored people—a fact which does not speak well for the humanity of white landlords with negro tenants.

Baltimore [illegible]

25 MARCH 1915

FOR HEALTH OF NEGROES

Booker T. Washington Addresses First Public Conference.

DR. WM. H. WELCH SPEAKS

Famous Colored Educator Says That Blacks In South Are Less Lawless Than In North.

Three thousand negroes or more packed Bethel African Methodist Episcopal Church, Druid Hill avenue and Lanvale street, last night to hear Booker T. Washington address the first public health conference of the Maryland Colored Health Association. Thousands were turned away from the doors, but waited, well-nigh blocking the street corner, for two hours, hoping to get inside.

The meeting was presided over by Dr. Emil Novak, chairman of the educational committee of the Medical and Chirurgical Faculty of Maryland, and another speaker was Dr. William H. Welch, of Johns Hopkins University. By the time Dr. Welch was introduced, however, it was late and he made only a brief address. In the absence of Governor Goldsborough, who was unable to be present, Secretary of State Graham spoke.

Great Crowd To Hear Washington.

While the assembled negroes listened with marked attention to the white speakers and accorded them the compliment of generous applause they turned out in such numbers, naturally, to hear Washington, leader of the race in America.

At the conclusion of the meeting a resolution wa spassed asking Governor Goldsborough to appoint a committee to investigate the prevalence of tuberculosis among negroes of Maryland and calling upon the next Legislature to make a sufficient appropriation to provide for the segregation and care of such sufferers.

Washington's address was a call to the negroes of Baltimore to live up to the pace they had set in advancing toward the goal of improvement and a plea that they co-operate in the new movement to fight tuberculosis and lower the death rate among negroes here.

"Touches White Man's Life."

"I am glad of this movement that is emphasizing the matter of health, the matter of cleanliness, the matter of better sanitary conditions through Maryland," he said. "When food is being prepared thenegro woman touches the white man's life; when food is served the negro woman touches the white man's life; when children are being prepared the negro woman touches the white man's life; when clothes are being laundered the negro woman touches the white man's life."

For these reasons, he pointed out, it was as vital to white persons as to negroes that negroes be freed from contagious disease. In Baltimore, he said, 5,160 negroes were sick all the time, while $158,000 was spent annually here for negro funerals, all this entailing a net economic loss to Baltimore of at least $2,600,000 a year. There were 450,000 negroes sick in the South every year, he declared.

Fair Deal On Schools.

Baltimore, however, he said, while neglecting the health of its negroes, was, with the exception of Washington, "the only city in the United States giving the negro his rightful percentage of the public school funds. Here the negro population is 15 per cent. of the whole, and he gets 15 per cent. of the funds for his education."

Contrary to general belief, he declared, and contrary to what he used to believe, crime was greater among negroes of the North than among those of the South, in proportion to population.

Race segregation, he declared, was "not only unnecessary, but in most cases, unjust. In his native State of Alabama, he said, the negroes lived apart from choice, not wishing to go where they were not wanted. Incidentally, he declared that it was, after all, the Southern man who gave the negro most and to whom the negro naturally turned when in trouble and want.

Calls Prohibition Emancipation.

Finally, he expressed his joy at the wave of prohibition sweeping the Southern States, and called it a great "emancipation for the black race, second only to Lincoln's proclamation of emancipation."

Secretary of State Graham declared that Maryland was disgraced for not having provided money to care for its tuberculous negroes, and urged his hearers to co-operate in demanding such care for the future.

Graham Talks Equality.

"And one thing you must learn," he said, "you are not colored; you are men. Forget this racial distinction and remember first that you are citizens of Maryland."

This brought a great burst of applause and cries of "Amen," from the audience.

Dr. Welch told the audience that Baltimore was indeed fortunate in having Dr. Washington come here to stimulate this health movement among negroes, and in brief terms emphasized the importance to all the dwellers in the city in decreasing the death rate among negroes and fighting tuberculosis.

The speaking did ont begin until 8.30 o'clock. The audience was beginning to arrive at 6.30. Scores sat or stood throughout the program in the vestibules or the chapel, where health exhibits had been placed.

The conference, which was arranged by a committee headed by Mason A. Hawkins, principal of the Colored High School, will continue until tomorrow night. Tonight Mayor Preston is expected to be one of the speakers.

STATE WIDE HEALTH WEEK

March 22 to 27 Will be Observed Throughout Virginia as "Clean-up Week"

The Journal and Guide

(Special to Journal and Guide)

Hampton, Va., February 15.—Throughout Virginia the Negro Organization Society will conduct campaigns for the obervance of "Clean-up-Week," March 22 to 27. Colored preachers and physicians will give talks on health and sanitation. Leading white men, as in former years, will address colored audiences on public health.

The Virginia State Board of Health will publish a revised "Handbook of Health for Colored

people," which has been prepared at the request of the Negro Organization Society. This handbook is especially adapted for "Clean-up-Week" and for the "Colored Sanitarium Tag Day," March 27.

The movement for better health among colored people, inaugurated a few years ago in Virginia by Major Robert R. Moton and his associates in the Negro Organization Society, is spreading rapidly throughout the South. Dr. Booker T. Washington, of Tuskegee, has recently issued a call for general observation among his people of a Health Week—March 22 to 27.

"Good Health," says the State Board of Health, "can be purchased so cheaply and so readily by the application of common-sense that every citizen should avail himself of the means placed at his disposal to prevent communicable diseases."

WHAT TO DO DURING CLEAN-UP WEEK.

Great Health Campaign March 2-27.

1. Move out and burn up all unnecessary rubbish and all unused old clothing and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitewash the fences and house. In whitewashing, use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the hen house. Whitewash them if you can and see that no filth remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses at schoolhouses and churches.

Health Week was a wise suggestion. It is a fact that we have neglected the things that make for health and respectable surroundings. The importance of improvements along these lines will be pressed home next week, Health Week, with without doubt much good will result.

HOW TO OBSERVE HEALTH WEEK

WHAT SHOULD BE DONE ON FIRST DAY.

Ministers asked to assist in Movement by Setting Aside Third Sunday in March—A Clean-up Committee Should be Appointed—Instruction Booklet to be Issued.

Tuskegee Institute, Ala.—In response to numerous calls for suggestions as to how National Negro Health Week may be observed, the following for the first day—Sunday, March 21st—has been issued by the Executive Committee of the National Negro Business League, Dr. Booker T. Washington, president. Specific instruction for observing the other days of the Health Week will be published in a booklet form and distributed at an early date.

In order that the people may enter into the movement for better health and to the end that the program may be effectively carried out, it is suggested that the ministers of all the colored churches throughout the nation, set aside the Third Sunday in March—the 21st—as a day of prayer for better health conditions and that each minister arrange to preach on this day a special health sermon to his congregation.

In addition to this, each minister is required to arrange wherever possible, appropriate services which shall include a discussion of local health conditions and any other matters which in his judgment will make a clean-up week a success.

Clean-up Committee.

It is further suggested that each community have a clean-up committee which shall investigate the conditions which menace the health of this community, arrange the program to suit these conditions and then see that the program is carried out and that the community is thoroughly and systematically cleaned.

Why an Entire Week.

An entire week is set apart, so that in case of cloudy or rainy weather, the first fair days may be used to do the cleaning.

MARCH 21 A DAY OF PRAYER FOR BETTER HEALTH CONDITIONS.

Tuskegee Institute, Ala.—In response to numerous calls for suggestions as to how National Negro Health Week may be observed, the following for the first day—Sunday, March 21—has been issued by the Executive Committee of the National Negro Business League, Dr. Booker T. Washington, president. Specific instruction for observing the other days of the Health Week will be published in booklet form and distributed at an early date.

In order that the people may enter heartily into the movement for better health and to the end that the program may be effectively carried out, it is suggested that the ministers of all the colored churches throughout the nation, set aside the third Sunday in March—the 21st— as a Day of Prayer for better health conditions and that each minister arrange to preach on this day a special health sermon to his congregation.

In addition to this, each minister is requested to arrange, wherever possible, appropriate services which shall include a discussion of local health conditions and any other matters which in his judgment will make the Clean-up Week a success.

Clean-Up Committee.—It is further suggested that each community have a Clean-up Committee which shall investigate the conditions which menace the health of their community, arrange the program to suit these conditions and then see that the program is carried out and that the community is thoroughly and systematically cleaned.

In cities and communities where ere is designated a date other than arch 21st to 27th for general cleaning, it may be well for the colored people in such cities and communities to arrange for their cleaning to be done on that date. These suggestions are submitted for cities and communities where no Clean-up Week has been designated.

Why an Entire Week.—An entire week is set apart, so that in case of cloudy or rainy weather, the first fair days may be used to do the cleaning.

CHAMPAIGN, ILL.

National Negro Health Week Program March 21-27, 1915—Other News of the Twin Cities

(By Z. L. Breedlove.)

It is hoped that the schools, churches, secret societies, leagues and all other Negro organizations as already advised will take the next co-operating in this movement to secure better health for our people. Health topics will be discussed at the next regular meeting of the Champaign Local Negro Business League. Chas. E. Phillips, president; Z. L. Breedlove, secretary; Dr. H. E. Rowan, chairman executive committee. What to do during clean-up week: 1. Move out and burn up all unnecessary rubbish and all unused old clothing and waste; move dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils, and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day. 2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted. 3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms. 4. Give careful attention to the front and back yards and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitewash the fences and house. In whitewashing, use plenty of good lime, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash. 5. Repair the stable, the barn and the henhouse; whitewash them if you can see that no filth remains in which flies can breed. 6. Look after the springs and wells and make sanitary the outhouses at churches.

DR. WASHINGTON GIVES REASONS FOR HEALTH WEEK

Principal of Tuskegee Institute Follows Call For National Observance By Issuing Bulletin Showing Need of Education Along Health Lines.

Under the call of the executive committee of the National Negro Business League, Dr. Booker T. Washington, president, preparations are going forward in all parts of the country, in the South, particularly, for carrying out the suggestions which have been outlined by Dr. Washington and his executive committee for the observance of National Negro Health Week.

The particular reasons for asking the Negro people of the country to observe National Negro Health Week are set forth in a bulletin statement just issued and which follows. Dr. Washington writes:

Three Important Points.

1. We are asking the colored people of the nation to unite in observing a National Negro Health Week in the belief that in carrying out the suggestions outlined below they will be doing the best possible service to themselves and to the race. Many diseases are spread from the sick to the well by means of germs that come from the sick person. These germs find their way into filth and waste and reach the bodies of well persons to whom they give the disease.

2. Diseases Most Fatal to Negroes: The following are the diseases most fatal to Negroes: Diseases of infancy from which 27 per cent of all deaths among Negroes occur; tuberculosis, from which 18 per cent of all Negroes die; pneumonia, 11 per cent of all their deaths; diseases of the heart, 8 per cent of all their deaths; Bright's disease, 7 per cent of all their deaths; diarrhea, 8 per cent of all their deaths.

3. Diseases Exact Their Greatest Toll from the Young: The diseases which annually sweep away such large numbers of our people exact their greatest toll of babies and children and of our young men and women, who being in the very prime of life, constitute, economically and intellectually the most valuable asset for the future progress of our race. Instead of these persons living and doing service as leaders of the masses of our people, they give their lives a useless toll to death. Our only remedy for this fearful drain on the pick and flower of our young womanhood and manhood is a widespread inculcation of the habit of clean surroundings and clean living.

Planning Details.

A suggestive or outline program will be issued very soon, the purpose being to ask various communities to take copies of this outline program and have it reprinted in their various communities, under the auspices of the several co-operating agencies so that a definite program for getting results may be followed in each community where National Negro Health Week is observed.

Health Of Negroes To Be Subject Of Conference

The health of the negro race in Maryland will be discussed at the health conference for colored people scheduled for next month at Bethel Methodist Episcopal Church.

One of the subjects to be considered is the tuberculosis problem, and besides well-known medical authorities the speakers will include Governor Goldsborough, Booker T. Washington and others.

Health Week – 1915

A Great National Health Week to be Observed From March 21 to 27, 1915.

The Kansas City Star
1/23/15

Tuskegee Institute, Ala. — After carefully considering the whole matter, I am authoried by the Executive Committee of the National Negro Business League to invite the following organizations, as well as others to be named later, to unite with the League in observing a National Health Week:

Daily and weekly newspapers,
Health journals,
The National Medical Association,
The National Association of Graduate Nurses,
The National Association of Colored Women's Clubs,
The National League on Urban conditions among Negroes,
The National Association of Teachers in Colored Schools,
The National Negro Press Association,
The bishops and other officers of colored religious denominations,
State Medican Associations,
Annual Church Conferences and Associations,
Secret society organizations,
Colored insurance companies,
Farmers' Conferences,
Farmers' Improvement Societies,
Churches, schools, and other local organizations,
State health officers.

In Alabama, Louisiana, North Carolina and other states special Health Days have at one time or another been observed. For some years the Virginia Organization Society, under the leadership of Major R. R. Moton, has observed a Health or Clean-up Week. It is thought to be well to unite all these efforts into a National Movement and join the movement on to the Virginia effort.

It is thought the race will welcome this oportunity to unite all these efforts in one great National Health Movement, and thus gain the benefit of the momentum and the enthusiasm that will come from the great united Health Movement.

Without Health and until we reduce our high death rate it will be impossible for us to have permanent success in business, in property getting, in acquiring education, or to show other evidences of progress. WITHOUT HEALTH AND LONG LIFE ALL ELSE FAILS!

The following facts will illustrate something of the need and importance of this health movement:

450,000 Negroes in the South alone are seriously ill all the time; the annual cost of the sickness of these 450,000 Negroes is $75,000,000.

112,000 Negro workers in the South alone are sick all the time; their annual loss in earnings is $45,000,000; 45 per cent of the annual deaths among Negroes are preventable.

225,000 Negroes of the working class die annually; 100,000 of these deaths can be prevented.

The annual funeral expenses of Negroes in the South alone are $15,000,000, $6,500,000 of this amount could be saved.

Sickness and death cost Negroes of the South alone, $100,000,000; $50,000,000 of this amount could be saved.

We must reduce our high death rate, dethrone disease and enthrone health and long life. We may differ on othr subjects, but there is no room for differences here. Let us make a strong, long, united pull together.

Other facts will appear in the weekly press and in circulars from week to week, and information will be gladly furnished.

BOOKER T. WASHINGTON,
President National Negro
Business League.

Preparing For Health Week

SOME REASONS FOR ITS OBSERVANCE.

Diseases Most Fatal to Negroes —Program of the Work to be Distributed Soon.

The Standard
2/6/15

Under the call of the Executive Committee of the National Negro Business League Dr. Booker T. Washington, president, preparations are going forward in all parts of the country, in the South particularly, for carrying out the suggestion which has been outlined by Dr. Washington and his Executive Committee for the observance of National Negro Health Week.

The particular reason for asking the Negro people of the country to observe National Negro Health Week are set forth in a bulletin statement just issued and which follows. Dr. Washington writes:

1. We are asking the Colored people of the nation to unite in observing a National Health Week in the belief that in carrying out the suggestion outline below they will be doing the best possible service to themselves and to the race. Many diseases are spread from the sick to the well by means of germs that come from the sick person. These germs find their way into filth and waste and reach the bodies of well persons to whom they give the disease.

2 Diseases Most Fatal to Negroes.

The following are the diseases most fatal to Negroes: Diseases of infancy from which 27 per cent of all deaths among Negroes occur; tuberculosis from which 18 per cent of all Negroes die; pneumonia, 11 per cent of all their deaths; diseases of the heart, 8 per cent of all their deaths; Brights Disease, 7 per cent of all their deaths; Diarhea, 8 per cent of all their deaths.

3. Diseases Exact their Greatest Toll from the Young.

The diseases which annually sweep away such large numbers of our people exact their greatest toll of babies and children and our young men and women, who being in the very prime of life constitute, economically and intellectually, the most valuable asset for the future progress of our race. Instead of these persons living and doing service as leaders of the masses of our people, they give their lives in useless toll to death. Our only remedy for this fearful drain on the pick and flower of our young womanhood and manhood is a widespread inculcation of the habit of clean surroundings and clean living.

A suggestive or outline program will be issued very soon, the purpose being to ask various committees to take copies of this outline program and have it reprinted in their various communities, under the auspices of the several co-operating agencies so that a definate program for getting results may be followed in each community where National Negro Health Week is observed.

Clean-up Week for South Carolina, Mississippi and Alabama

The Progressive American
1/31/15.

A NEW day is dawning for us—a day in which every Governor pauses to include the health and sanitation of the state in his work.

Governor Brewer of Mississippi, recently designated the week beginning March 21 as clean-up week in that state, Alabama has proclaimed a clean-up week, and now the Governor of South Carolina has designated the week of April 5-11 as clean-up week for that state.

It is hoped that the end of these weeks finds no piles of manure, no heaps of garbage, no old rotting cloths, no uncleaned privies, pig pens and hen houses, in which for flies to breed, in all the state. It is hoped that damp places will be cared for and all ponds stocked with ducks to eat up wiggles, so that mosquitoes and malaria may not thrive.

It is hoped that every ramshackle outhouse and fence will be torn down or made to look as though it belonged to a self-respecting white man.

And may the proclamations of the Governors of these great states inspire every householder to invest in paint and brushes and the material for whitewashing.

Last but not least, may other states follow the good example.

The following proclamation was issued by Governor Manning of South Carolina:

"Whereas the women of our land are striving in all ways to help toward better conditions: and

"Whereas, by careful attention and much hard work, they have awakened all of us to a knowledge of and a desire for vastly better conditions in our civic organization and the conditions under which we live; and

"Whereas it has been proved beyond all doubt that clean private premises and clean public spaces greatly conduce to the general health; and

"Whereas the women's clubs are planning a great 'clean-up' movement for the week, commencing April 5;

"Now, therefore, I, Richard I. Manning, governor, do name said week as "clean-up week' and urge all authorities and all private citizens to give their time, attention and personal aid to this movement conducted by our women for common good and benefit."

Health Week Program Begins Monday

AT URBAN LEAGUE HEADQUARTERS.

Three Nights During Week to be Observed—Much Interest Being Manifested in Celebration.

National Negro Health week March 21-28th, will be observed in this city by the local branch of the National League on Urban Conditions Among Negroes at its headquarters, St. Augustine hall, West Broad and Gwinnett lane.

Three nights during the week will be observed by the league, Monday, Wednesday and Friday nights. The first night will be conducted by members of the league. The principal features of this night will be lectures by the Rt. Rev. F. F. Reese, bishop of the local Episcopal diocese, and City Health Officer Brunner.

On Wednesday night the members of the South Atlantic Medical Association will have charge of the program. Several interesting papers on health subjects will be rendered by members of the association and there will also be musical numbers by some of the leading soloists of the city.

The last night, Friday, will be in charge of the ladies of the league. Miss Ethel Bird of the Associated Charities, will be the principal speaker. Several musical and other entertaining numbers will also be rendered.

The complete program of the three nights entertainment will be published in the Tribune of next Saturday.

THE SIGNIFICANCE OF THE ORAL HYGIENE MOVEMENT.

By J. Max Barber, A.B., D.D.S.

Within the last seventy-five years the average of human life has been prolonged about ten years. This is a most remarkable achievement. It is a result which has been obtained through toil and sorrow and sacrifice and does not come to us as a free gift from the gods. Science has done it. Within that comparatively brief period of seventy-five years science has done wonders for health. Antiseptics, antitoxins and sterilization have shaken the very throne of old King Disease. Add to this the marvels of surgery, made possible by perfect anesthesia and you will at once see why human life has been prolonged.

Accredit the achievement to science and art—the science of Chemistry, of Medicine and Dentistry, and the art and skill of Surgery. Bear this in mind. Bear in mind also the fact that it has hardly been seventy-five years since dentistry became a recognized profession. You will at once see that the advent of dentistry as a profession and the prolongation of the average of human life are at least concommitant. They are more closely associated than that. It is not too much to say that the lengthening of the thread of life is due in a large measure to improvement in the sanitation and efficiency of mouths that have heretofore been veritable oral cesspools.

Public dental hygiene is a subject that is now discussed throughout the civilized world and among all cultured people. Cities and States are appointing dentists to care for the teeth of school children; the mouths of children in our schools here in Philadelphia are regularly examined. Colleges and hospitals are holding dental clinics, dentists are assigned to public institutions; and in every way here is a growing appreciation of the importance of oral hygiene.

What does all of this mean? It means that the men of science have awakened to the fact that a foul mouth is a sure prelude to a bad stomach and that a bad stomach in the end means "Slow music and flowers."

It is the most patent of reasonable things to say that bad teeth are prejudicial to good health. In the first place teeth decay only because of the presence of germs in the mouth. These germs revel in a filthy mouth and multiply by the million when not disturbed. They are germs which produce putrefaction and fermentation and gas wherever they are. Then if they are in the mouth, they are sure to get mixed in the food and swallowed with it. They at once set up gas and putrefaction in the alimentary canal and in time bring on indigestion. Furthermore, no one can properly masticate food without teeth or with bad teeth. One condition is about as bad as the other. Food not properly masticated cannot possibly be properly digested. Thus there is an added tax on the digestive apparatus—that of trying to digest food not prepared for digestion.

Some people have the notion that digestion consists simply in the passage of food through the alimentary canal. Nothing is farther from the truth. Cautious people do not digest the fish bones they swallow nor the pins that get into the alimentary canal accidentally. These indigestible materials simply pass through the alimentary canal and are cast off just as they were taken in. Digestion is the process of preparing food for absorption into the system. Almost any one has seen a piece of filter paper. Suspend a piece of filter paper, funnel shaped, over a milk bottle and strain a glass of dirty water through it. The grit and trash in the water will be caught in the paper while the clear water will pass through. Popularly speaking, that is illustrative of the digestive process that goes on in the stomach and intestines. The food that is prepared for digestion passes through the walls of the stomach and intestines by means of the capillary mouths in these walls and is thus taken into the system to be transformed into blood and bone, tissue and nerve. That which is too gross to pass through this filter passes on through the alimentary canal and is cast off. The system benefits only by what it absorbs.

How important then are the teeth! Food bolted into the stomach in large masses cannot be digested. The stomach becomes overtaxed trying to digest it; for the system is starving for food and the stomach tries to feed it from these masses either greedily gulped down or swallowed because the fellow could not chew. Hence indigestion and a whole train of abdominal troubles. Every particle of food taken into the stomach should be well chewed. Even the milk and soup should be swallowed slowly so as to become mixed with the saliva which contains a digestive principle.

I have a professional friend whose teeth are all incrusted with calculus, under the edges of which are ancient fragments of meat and between the teeth are the decayed debris of the meals of many a yesterday. His breath is foul, his stomach is going back on him, and his life is losing that buoyancy and his step that elasticity which rightfully belongs to a man of his age. He has told me personally that he never used a tooth brush. He simply rinses his mouth in the mornings out of a glass of cold water. Even if this man does chew his food well, is there any wonder his digestion is bad? Think of the countless germs that nest in this jungle of decayed food in his mouth! He swallows them by the million when he eats. Is there any wonder that one has to turn his head when he talks to him?

All the deodorants he could chew could not obscure the odor of putrified garbage on his breath. His mouth, which ought to be the cleanest spot about him, is, of all places, the dirtiest, a veritable death-trap, and the little rascals that one cannot see without a microscope are digging for him an untimely grave.

Osler, one of the world's greatest medical authorities, says that caries the disease that rots teeth, causes more deterioration than alcohol. I read somewhere that a certain automobile factory in this country has up the sign: "Show me your teeth first, then your recommendations." When pressed for a reason the manager explained that this best agent lost a $10,000 contract to a poor agent from another house one cold, windy day, just because this best agent had the toothache and could not properly represent his goods.

Let me advise every reader of this paper who needs this advice to see a dentist at once. Make a sacrifice and have your mouth put in a thoroughly healthy condition at any reasonable cost. You would make the sacrifice for other things. Nothing is more important to your life than a healthy mouth. It is the very gateway to life, for through it first passes that food which must sustain life. Then after you have had your mouth put in a sanitary condition, keep it that way. Consult a dentist regularly every six months, have him guard your teeth against decay by keeping them clean and advising you how to keep them clean. The pain you are so afraid of comes mostly from your own neglect. You stand the toothache for weeks at home, but kick on one minute's pain in the dentist's chair. When your dress wears out, you get a new one. Don't expect one job to last forever. The doctor cannot guarantee you good health forever. No more can the dentist guarantee that your teeth will not decay unless you make it a point to see him early and regularly so that he can arrest the early inroads of bacteria.

WHAT TO DO DURING CLEAN-UP WEEK.

By BOOKER T. WASHINGTON.

Move out and clean up all unnecessary rubbish and all unused old clothing and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitewash the fences and house. In whitewashing use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the henhouse. Whitewash them if you can and see tat no filsh remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses at school houses and churches.

MORRIS BROWN UNIVERSITY NEWS.

The Rhetoricals on last Friday evening, in the University Chapel, were, as usual, very entertaining, and therefore, thoroughly appreciated by a large audience.

On Monday evening, at 6 o'clock, the Teacher-Training Class studied the physical, moral and religious nature of the child, during the infancy and primary periods, and the religious material appropriate to these ages. Several teachers from the Sunday-schools of the city are sharing this course with us profitably.

The University is finding the observance of Health Week very beneficial. Dr. H. R. Butler, who has in charge the health interest of the University, gave to the student body a timely fifteen minutes' talk on Monday morning. He was followed by Drs. A. D. Jones, on Tuesday morning; A. Nash, on Wednesday morning; T. H. Slater, on Tuesday morning; J. W. Linder, on Friday morning. All these talks emphasized the fact that health is important, because it is the basis of economic, intellectual, moral and religious development.

Health Week – 1915

GREAT NATIONAL HEALTH WEEK TO BE OBSERVED FROM MARCH 21 TO 27, 1915.

The Nashville Globe 2/5/15

After carefully considering the whole matter, I am authorized by the Executive Committee of the National Negro Business League to invite the following organizations, as well as others to be named later, to unite with the League in observing a National Health Week:

Daily and Weekly Newspapers.
Health journals.
The National Medical Association.
The National Association of Graduate Nurses.
The National Association of Colored Women's Clubs.
The National League on Urban Conditions among Negroes.
The National Association of Teachers in Colored Schools.
The National Negro Press Association.
The Bishops and other officers of Colored Religious Denominations.
State Medical Associations.
Annual Church Conferences and Associations.
Secret Society Organizations.
Colored Insurance companies.
Farmers' Conferences.
Farmers' Improvement Societies.
Churches, Schools and other local Organizations.

State Health officers.

In Alabama, Louisiana, North Carolina, and other states special Health Days have at one time or another been observed. For some years the Virginia Organization Society, under the leadership of Major R. R. Moton, has observed a Health or Clean-up Week. It is thought to be well to unite all these efforts into a National Movement and join the movement on to the Virginia effort.

It is thought the race will welcome this opportunity to unite all these efforts in one great National Health Movement, and thus gain the benefit of the momentum and the enthusiasm that will come from the great united Health Movement.

Without health and until we reduce our high death rate it will be impossible for us to have permanent success in business, in property getting, in acquiring education, or to show other evidences of progress. WITHOUT HEALTH AND LONG LIFE ALL ELSE FAILS!

The following facts will illustrate something of the need and importance of this health movement:

450,000 Negroes in the South alone are seriously ill all the time; the annual cost of the sickness of these 450,000 Negroes is $75,000,000.

112,000 Negro workers in the South alone are sick all the time; their annual loss in earnings is $45,000,000; 45 per cent of the annual death among Negroes are preventable.

225,000 Negroes of the working class die annually; 100,000 of these deaths can be prevented.

The annual funeral expenses of Negroes in the South alone are $15,000,000. $6,500,000 of this amount could be saved.

Sickness and death cost Negroes in the South alone, $100,000,000; $50,000,000 of this amount could be saved.

We must reduce our high death rate, dethrone disease and enthrone health and long life. We may differ on other subjects, but there is no room for differences here. Let us make a strong, long, united pull together.

Other facts will appear in the weekly press and in circulars from week to week and information will be gladly furnished.—Booker T. Washington, President National Negro Business League.

National Health Week Will Be Observed By The State Department of Education

National

Read the Circular Sent Out

Nashville Tennessean

2/6/15

Baptist.

The week beginning March ... and ending March 27th, ... been set apart by ... of the United States ... Health Week. ... Food and Drug Laws, ... tagious and Communicable ... Better Schools, Better Farms, ... Better Homes, are among some of the subjects that are to be discussed.

We, therefore, designate the last week, March 22 to March 27, 1915, as Health Week among the colored schools of Tennessee, and trust that each county superintendent will see that the schools are held in session, will give special emphasis to this week, adding the colored schools, where possible, in securing competent speakers. Impress upon the teachers the importance of arousing a great interest among the patrons and in securing their attendance at all the meetings.

Generally, the local physicians and pastors are willing to help out in any way they can. You might get them to discuss such subjects as tuberculosis, typhoid fever, contagious and communicable diseases, civics, sanitation, etc.

Set apart Friday, March 26 as "Clean Up Day" and invite in the parents of each community to help in this work. If this day is carefully planned for, it will be possible to have all the colored school houses of the county painted or white-washed and out-houses built.

We shall be glad to help out in any way possible to make this work a ... in your county. Don't fail ... for us a high ... we can be of ... service to you in any way.

Please notify us concerning the results of Health Week. Have each ... report to you just what is ... in the school.

Yours sincerely,

(Signed) S. L. SMITH,
State Rural School Supervisor.
SAMUEL H. THOMPSON,
State Superintendent of Public Instruction.

THE NASHVILLE GLOBE.

NATIONAL NEGRO HEALTH WEEK AUSPICIOUS.

The Nashville Globe 2/27/15

National Negro Health Week started off most auspiciously, Sunday, proving a great day for the National Negro Health Week. A mammoth meeting was held Sunday at the Odd Fellows' Auditorium from 3 to 5 o'clock; also the various pastors of the different churches took the lead at their 11 o'clock services to impress upon their audiences the importance of sanitation and hygiene. The Independent was informed that this was done throughout the State.

At 3 p. m. in the afternoon, the Y. M. C .A. co-operating with the Colored Board of Trade, carried out a most excellent program. The program committee was fortunate in having the full co-operation of the Anti-Tuberculosis League, and had Dr. Claud Smith, city bacteriologist, and Dr. Thos. Slater to lecture to the vast audience. Thousands of people turned out to listen to the discourse of these men on sanitation and hygiene and went away impressed. The lecture was the talk at barber shops, millinery shops, and nearly every business place. We also learn that these meetings were held in other cities, and that they were largely attended. This is as it should be and The Independent trusts that these meetings will be kept up throughout the week; and that the Negro people, whose health and future are involved, will not fail to attend these meetings. They are absolutely essential and should appeal to Negro people as nothing else; for in them are the issues of life. What could appeal to us more as a people than a matter that involves the health of ourselves, our children and posterity? Nothing.

If we fail to take advantage of the lessons inculcated by these scientists and humanitarians we would prove our utter unworthiness as a race and would place ourselves as a very ungrateful and unappreciative people. The leading men of the race are doing everything they can to protect us against tuberculosis and all other kinds of diseases which have played such havoc among our people and made our death rate so large. They realize that it is due to ignorance of the laws of real duty remains among our people, and if we do not take advantage of the lessons they are pointing out, the race will dwindle out in a few generations. Are we willing to permit that? Are we willing to continue so negligent, careless and indifferent as to become extinct as a race? We hope not. We trust that the entire race will wake up to the sense of duty and danger and learn the lessons of wisdom and experience, and then go home to their children and inculcate the great lessons learned. It is the voice of God speaking through these great and good men. Let us heed them.

In behalf of the old people who are now living, and whose health may be impaired because of ignorance of these laws; on behalf of the rising generation, who are to take the place of the mothers and fathers, and whose health is yet unimpaired, The Independent appeals to the Negro people throughout the length and breadth of the land to attend these meetings, to the end that you may be able to avert the awful high death rate among our people. God bless Dr. Washington and his executive committee who have been so patriotic and wise to suggest this great movement.

HEALTH

The Nashville Globe 3/13/15

Throughout the entire country, during next week, our people will be considering the subject of "Health." With the beginning of spring there will be a united effort in the direction of "cleaning up." It makes no difference whether in the country, or in the city, or in the North or in the South, the same program is to be followed. In addition to the above, the colored citizens of Baltimore, will have the privilege of an unusual treat in the shape of the "Health Conference" which assembles in Bethel Church. Pastors, and others in public places, should widely disseminate the information with respect to such "Conference." And by all means it should be noted that such Conference is open to all, and that there is no price of "admission." We have so many affairs with a set price of admission that many of the unthinking might

absent themselves thinking it only one of the many money schemes. Especially, in the churches where our people attend in great numbers should such notice be given with the utmost clearness and distinctness, and the people urged to attend.

The occasion is not of amusement, but of education. With respect to health, as well as with respect to many other things, we are destroyed because of our ignorance. Everyone ought to be interested in living as long as he or she can, and in knowing how to maintain the very best of health. This, then, is the opportunity especially for hard working and laboring people who find little time for reading. The hints and suggestions will come from those who are thoroughly acquainted with the various aspects of the subject; and, who also possess the faculty of so imparting the necessary light that the most ordinary and backward people among us can easily grasp the meaning thereof.

"Clean up", then, is the slogan for the week. Disease "cleans up" many because they fail to "clean up." We must therefore "clean up" or else we shall be eliminated. Water is not only good for the inside of us, but equally as good for the outside of us. It is not only necessary to remove dirt and filth from our bodies, but it is equally important that we remove dirt and filth from our premises. A man who has clean thoughts, as a result, shows clean and pure deeds. A man who is careful about clean clothes, and is mindful of his outward appearance, could hardly relish opposite environments in his home and yard. We usually judge a man by the company he keeps, neither can we refrain from judging people by their residential environments.

Some houses, and yards, in an alley, are clean and beautiful, and indicate the quality of the people who reside there. There are fine looking houses on the outside, on beautiful streets, but the interior of some of those houses are very far from being pleasant and attractive.

Let us all give heed to the things which make for good health.

National Health Week Will Be Observed By The State

Department of Education.

Read the Circular Sent Out.

Nashville, Tenn., February 19, 1915.
To County Superintendents:

The week beginning March 21st and ending March 27th, 1915, has been set apart by the colored people of the United States as National Health Week. During this week Food and Long Life, Sanitation, Contagious and Communicable Diseases, Better Schools, Better Farms, and Better Homes, are among some of the subjects that are to be discussed.

We, therefore, designate the school week, March 22 to March 26, 1915, as Health Week among the colored schools of Tennessee; and trust that each county superintendent where the schools are still in session will give special emphasis to this week, aiding the colored schools, wherever possible, in securing competent speakers. Impress upon the teachers the importance of arousing a great interest among the patrons and securing their attendance at all the meetings.

Generally, the local physicians and pastors are willing to help out in any way they can. You might get them to discuss such subjects as tuberculosis, typhoid fever, contagious and communicable diseases, civics, sanitation, etc.

Set apart Friday, March 26 as "Clean Up Day" and invite in the parents of each community to help in this work. If this day is carefully planned for, it will be possible to have all the colored school houses of the county painted or white-washed and out-houses built.

We shall be glad to help out in any way possible to make this work a success in your county. Don't fail to call for us when we can be of service to you in any way.

Please notify us concerning the results of Health Week. Have each teacher report to you just what is done in her school.

Most sincerely,
(Signed) S. L. SMITH,
State Rural School Supervisor.
SAMUEL H. THOMPSON,
State Superintendent of Public Instruction.

CLEAN-UP DAYS NEXT WEEK

Whole City Will Receive Spring Cleaning April 12 to 15 Inclusive.

CITY ASKS CO-OPERATION

All Citizens Are Urged To Renovate and Beautify Their Premises Throughout

Next week has been set aside by the health authorities and the city government is "Clean-Up-Week" for Norfolk. Notices have been distributed throughout the city to the effect that all premises in the city of Norfolk must be cleaned, and all trash, debris and other objectionable matter must be placed on the street to be removed by the city carts on the following days:

East Church street, including Church street, April 12-13.

Between Church and Granby streets, April 14-15.

West Granby street, including Granby, April 16-17.

The order is compulsory and its violation is punishable by a fine.

Activity In Colored Sections

The local comittee of the Negro Organization Society is co-operating with the Social Service Bureau and the Health Department in the work of cleaning and beautifying in the colored sections of the city, which have been divided into six districts over which special committees will have supervision. The colored citizens are asked to cooperate heartily in the movement in the interest of civic betterment and better public health.

Will Give Away Lime

The Norfolk Building Supplies Corporation has kindly donated to the Bureau of Social Service fifteen barrels of lime for use on these clean-up days. The Social service committee, under the direction of Mr. Granville H. Curry, chairman of the committee on Negro Affairs and Mr. Herbert G. Cochran, chairman of the committee on sanitation, will give ten barrels of this lime to the colored people. The lime will be stored at the corner of Johnson avenue and O'Keefe street and will be in charge of Mr. Casper Titus of 831 Johnson avenue. It will be ready for free distribution Monday morning, April 12.

Prizes For Best Kept Premises

As an incentive to better sanitary conditions in the colored sections of the city the Norolk Bureau of Social Service will give away a first prize of $5 and a second prize of $2.50 to the person maintaining the best kept premises in each of the six districts into which the colored section of the city will be divided.

The awards will be made about the first of next August and will cover the period from "Clean-Up Week" until that time. Contestants for these prizes are expected to white wash their back fences and outhouses, plant flowers, grass, etc., and otherwise beautify their entire premises.

Colored Districts.

The various colored districts are in charge of the following committees:

District No. 1. Bute street and South of Bute, Dr. G. Jarvis Bowens, chairman; Mrs. Phelena Moseley, Messrs. William H. Thorogood, John Bailey, Dodson, James M. Collins, Thos. Bagnall, A. Bowden, Dr. F. R. Trigg. Miss Lenora Braye, Mrs. M. Watts Clark, Mrs. Mahala Reid..

District No. 2, Queen street and North of Queen to Nicholson, Dr. E. H. Hunter, chairman; Dr. D. W. Byrd, Prof. R. A. Tucker, Mr. Joseph Freeman.

District No. 3, Nicholson street to Princess Anne avenue to Chapel street, Mrs. Ida N. Paey, chairman; Miss Sarah Robinson, Mrs. James Bradley, Mrs. Henrietta Malbon, Dr. P. J. Wallace, Prof. J. R. Custis, Dr. A. Lyman Paey.

District No. 4, Barboursville and East Brambleton, Prof. D. G. Jacox, chairman; Messrs. C. A. Palmer, John Selden, Wilson Randolph, E. Owens, Rev. Marshall Land, Rev. J. H. Ashby.

District No. 5, Huntersville, Mrs. Laura E. Titus, chairman; Dr. P. L Barbour, Prof. Harvey Robinson, Mesdames John Lawson, Josephine Johnson, Eva Davis Felton, Elizabeth Hinton, Virginia Shepard, D.G. Jacox Emma, V. Kelly,, Messers. George R Moore, Casper Titus.

District No. 6, Linenwood and East Huntersville, P. B. Young, chairman; Messrs. C. C. Dogan, Charles Woodley, E. C. Hammie, D. Alston.

Berkley Ward, Rev. J. H. Hughes, chairman; Dr G. H. Francis, Dr. A. B. Green, Prof. J. R. Dungee, Revs. Watson, Hockaday, Berry, Bell and other pastors.

Lambert's Point, H. W. Melvin, chairman; other committee to be named.

The pastors of all the city churches are requested to give five minute talks on this clean up movement at their services Sunday.

Prof. D. G. Jacox is chairman, P. B. Young, secretary and Mrs. Ida N. Paey, secretary of the local committee of the Negro Organization Society.

PROGRAM HEALTH WEEK.

Beginning Sunday at 3 p. m. a great mass meeting will be held in the Odd Fellows' Auditorum, Auburn avenue in the interest of the public health. The meeting will be addressed by such expert speakers as Dr. Claud Smith, city bacteriologist, Dr. T. H. Slater, W. F. Penn, A. D. Jones and others. The Anti-Tuberculosis League will give an exhibition of health slides on the moving picture machine. Special music by Morehouse orchestra and Morris Brown quartet.

This meeting will be held under the auspices of the Young Men's Christian Association and the Atlanta Board of Trade. President H. H. Pace of the Board of Trade, presiding. Everybody is invited to come and bring a friend. We are dying too fast.

Tuesday, the 23rd, from 12 till 1, Superintendent Slaton of the city schools has very kindly consented to allow the public schools to visit the nearest church to their location and listen to health talks by prominent physicians, insurance men and other health and sanitary experts. The different Negro schools will assemble as follows in the city:

Gate City school at the Odd Fellows Auditorium, Auburn avenue.

Mitchell Street at Friendship Baptist church.

Young Street School at Wheat St Baptist church.

Star Street School at Congregational church.

Pittsburg School at Zion Hill church.

Booker T. Washington mentioned a number of organizations as being desired as participants in a national health week, but he seemingly forgot to include the National Association for the Advancement of Colored people in the important movement.

Health Week-1915

STATE-WIDE CLEAN-UP

To Save The Lives of Colored People and Promote Racial Good

The Journal and Guide

(Special to Journal and Guide).

Hampton, Va., Feb. 22.—Three years ago the Negro Organization Society of Virinia inaugurated a state-wide "Clean-up" to save the lives of colored people and to promote racial good will.

Thoughtful race leaders realized fully that colored men, women, and children were dying far too rapidly. They decided to secure the co-operation of the masses to promote better public health.

The results have been so extraordinarily good that President Robert R. Moton and his associates have issued a call for a "Clean-up Week" to be observed from March 21 to 27.

OFFICIAL CO-OPERATION

The Virginia State Board of Health will soon mail to a state-wide list of thousands, a revised "Handbook of Health for Colored People," prepared and issued at the request of the Negro Organization Society of Virgnia, which is especially adapted for "Clean-up Week" and for the "Colored Sanitorium Tag Day", March 27.

"Good Health" says the Board, "can be purchased so cheaply and so readily by the application of common-sense that every citizen should avail himself of the means placed at his disposal to prevent communicable diseases."

GETTING DOWN TO BUSINESS

The Negro Organization Society is an organization seeking to wake up Negro people of Virginia to the necessity of buying land, building more and better homes, providing better schools for their children, and making a systematic, state-wide fight against all forms of filth and uncleanness that spread disease and death.

To carry out the plans of the organization we have in the field active agents who are going from city to city and from county to county, visiting the people and giving them personal direction as to the how and why of improving the conditions amid which they live; putting stress, among other things, on giving instruction in the fundermental rules of good health.

PROGRAM OUTLINED

The following program is outlined by the Negro Organization Society:

Sunday March 21st, Colored ministers preach health sermon. Churches and Sunday schools take a collection for the "Sanitorium for colored Consumptives."

Tuesday March 23rd, Annual "Health Day Program," in colored schools with co-operation of the school patrons. Suggested exercises:

(A) Good talk on health.

(B) Extracts read from health bulletins.

(C) Recitations on the importance of health.

March 24, 25, and 26, General cleaning up of houses and yards.

Saturday, March 27th, "Tag Day" for the colored sanitorium where consumptives will be carefully treated

HEALTH WEEK BEGINS MONDAY

THREE NIGHT PROGRAM TO BE RENDERED

The Journal

Under Urban League

Tribune 3/22/15

At Headquarters, St. Augustine Hall, West Broad and Gwinnett Lane—Much Interest Being Manifested in the Movement—Many Prominent Speakers to Address Gathering.

National Negro health week, March 21-28, a movement started by the National Negro Business League and a few allied organizations, will be observed in this city with meetings under the auspices of the local branch of the National League on Urban Conditions Among Negroes.

There will be a three night observance of the week at the league's headquarters, St. Augustine hall, West Broad and Gwinnett lane, beginning Monday night at 8:30 o'clock and an interesting program will be presented each night.

Much interest has been manifested in the movement in this city and it is expected that large crowds will be out to listen to the interesting addresses on health topics which will be presented by the various speakers. Aside from from the prominent Negroes who will take part Bishop F. F. Reese, of the local Episcopal diocese; City Healty Officer Brunner and Miss Ethel Bird of the Associated Charities will address the meetings.

The three nights to be observed are Monday, Wednesday and Friday, the first being conducted by the league, the second by the South Atlantic Medical Association and the third by the ladies of the league. The league's headquarters have been put in first class condition and adequat seating capacity will be afforded those who attend the meetings.

The following is the program:

Monday March 22

Music .....Audience
Invocation..Rev. M. W. Weston
Music....Cuyler Street School
Introductory remarks.....Prof. S. A. Grant, Secretary.
Address.....Dr. W. F. Brunner Health Officer, Savannah
Music.....West Side Quartette
Address....Rt. Rev. F. F. Reese Bishop Episcopal Diocese, Ga
Music.....Cuyler Street School
Announcements
Music .....Audience

Wednesday Night

Invocation....Rev. J. L. Taylor
Paper, "Oral Hygene".....Dr. A. R. Ferebee
Instrumental solo.....Mrs. Mat Horne.
Paper, "Oral Hygiene".....Dr. C. Middleton.
Music .....Imperial Quartet
Tuberculosis, Stereopticon Views Dr. W. A. Harris.
Solo.....Miss Mae Stewart
Dr. Geo. W. Smith, master of ceremony

Friday Night.

Instrumental duett....Miss G. A. Hurd and Mrs. H. S. Chauncey
Invocation
Solo.....Miss Geneva Fisher
Reading.....Miss Ada Scott
Duett.....Mrs D. James and Miss M. S. Brown.
Some things accomplished by the League..Miss C. Emma Lewis Vice President
Solo.....Miss N. A. Houston
Address.....Miss Ethel Bird Sec'y Associated Charities
Trio....Miss Janie Collins, Miss Mamie Bostic, Miss Meta Galloway.

DALLAS LOCAL

The Express 3/20/15

THE HEALTH WEEK MEETING.

Sunday in New Hope—Dr. M. M. Carrick (white), Principal Speaker.

In response to plentyous advertising, notwithstanding the March wind blew a gale, a fair sized audience met at New Hope church Sunday afternoon, March 21, to carry out a program on "Health Week." Dr. Carrick is a member of the Speakers' Bureau American Medical Association and is regarded as an authority on the prevention of disease. He delivered an able address which was well received. It was a nail driven home on many of the every day questions which will work untold good among the people generally. As one of the results of the meeting, Dr. R. T. Hamilton and Dentist A. H. Dyson have had printed and will have distributed 5000 cards treating on how to preserve teeth and health. Below we reproduce the health activities for tomorrow at the various churches:

The following doctors and dentists have been requested on Sunday, March 28, to appear at one of the meetings held at the church opposite his name on that day and give a five or ten minute's talk on some health topic:

Drs. W. R. McMillan and M. C. Cooper, Macedonia Baptist church.

Dr. J. T. Welch, Preston Street Christian church.

Dr. P. M. Sunday, St. James A. M. E. church.

Dr. J. H. Dodd, St. John's Baptist church.

Drs. B. R. Bluitt and G. W. White, Bethel A. M. E. church.

Dr. G. H. Wymann, Munger Avenue Baptist church.

Dr. B. E. Howell, El Bethel Baptist church, Oak Cliff.

Dr. F. M. Brooks, Evening Chapel C. M. E. church.

Dr. A. L. Runyan, Mt. Rose Baptist church.

Dr. M. N. Leach, New Hope Baptist church.

Dr. D. W. Shields, Rev. B. F. Lakey's church.

Dr. M. P. Penn, St. Paul M. E. church.

Dr. O. R. Busch, Salem Baptist church.

Dr. C. L. Morgan, Plymouth Congregational church.

Dr. J. B. Burnett, Church of God.

Drs. R. T. Hamilton and A. H. Dyson, Oak Cliff C. M. E. church.

The Dallas Express is being commended on all sides for its untiring efforts in bringing about the interest which made "Health Week" memorable in Dallas.

CLEAN-UP WEEK TO BEGIN IN ALABAMA ON FIFTH OF APRIL

Proclamation to This Effect Issued Friday by Governor Henderson

advertiser 3-13-15

CO-OPERATION IS ASKED

Governor Henderson yesterday issued a proclamation in which he sets aside the week of April 5 as "Clean-Up Week" in Alabama and requests all citizens to make efforts during that week to remove all accumulations of debris and filth on their premises. He asks various State and county health officials to co-operate in the movement.

Following is the Governor's proclamation:

"Many localities within the State have adopted the wise custom of fixing certain days in which their communities direct their attention towards cleaning up the town by the removal and destruction of waste materials and filth that may become breeding places for flies and germs.

"This custom has been accelerated by the organization of ladies' clubs throughout the State and for the purpose of aiding in this effort to improve the health and make more beautiful the State, by having the citizenship throughout the State concentrate their efforts, during certain periods, to this work.

"I, therefore, as the Governor of Alabama, do hereby designate and set aside the week commencing April 5th as an annual clean-up week for the State, and request all citizens to make an effort towards the removal of the winter's accumulation of debris and filth on their own premises, and urge upon municipalities the thorough cleaning of vacant lots and common, and ask the full co-operation of the health authorities throughout the State, in the work of destroying all filth that might become germ breeders.

"In testimony whereof I have hereunto set my hand and caused the great seal of the State of Alabama to be fixed. This the 11th day of March, 1915."

Courier-Journal 3-18-15

SELF-PRESERVATION.

A movement fraught with immense economic and financial importance to the white people of the south no less than the negro is the "National Negro Health Week," promoted by the National Negro Business league and to extend from March 21 to March 27. During that period it is planned to conduct energetic measures educating negroes to sanitary and hygienic measures of living. Not to invoke philanthropy, or Christianity, sordid self-interest should lead every southern community to co-operate in this work.

In Atlanta alone each year the death rate per thousand among whites is 11.8 to 23.5 among negroes—more than 100 per cent difference. The disproportion is much larger in some southern cities, and it is due of course, to the negro's ignorance and to the fact that we permit him to transgress the primary laws of sanitation and hygiene and to cast aside all the bulwarks science has reared for preventing the spread of disease.

Not all white people observe these laws as they should. But if the negro population in Atlanta, and other southern cities and in the country, observed them proportionately with the white man, Atlanta's total death rate, for instance, would come down with a thud, and it is probable her white death rate would be cut almost in half.

It is criminal ignorance and folly in this connection to preach that we are not "our brother's keeper." Theoretically, we may not be, but when we come in contact with him we inherit the penalties of his physical shortcomings. The disease germ knows no color line. It crosses with deadly impartiality. For all you know, the woman who takes your clothes into her home may have tuberculosis or be nursing a tuberculous child or husband or son. The negro who cooks your meals, or answers your doorbell, or drives your dray or truck, may come from a hotbed of infection, for all you know to the contrary.

And, since the germ does not respect the color line, the infected negro passes on his complaint to the white man, woman or child who may be religiously observing every ordinance laid down by the city for sanitation and every law laid down by modern medicine for prevention of infection.

It is self-interest that we co-operate with the negroes in this important work—not just in one week, but the year around. Until there is only one sanitary and hygienic law for white man and negro and that law enforced against both, our fight against our own death rate will be largely in vain.

Baltimore News

25 March 1915

THE COLORED HEALTH ASSOCIATION'S CONFERENCE

There was held last night the first meeting of a conference which ought to mark the entrance of a new era for this city, and for every other Southern city.

The problem of sanitation is a most serious one for every city that has a large colored population. The liability of any city to epidemics is that of its least resistant element. The health problems of the whites cannot be separated from those of the colored. The contact between the two races, in view of their domestic relations, is actually far closer than that between different social strata among the whites alone.

Baltimore has chosen to adopt a policy of segregation of its negro population. By this it concentrates ignorance and willful unsanitariness. Concentration does not mean isolation. It means only that homes throughout the city and of all classes must draw their domestics from an area in which disease has been concentrated by ordinance. The population of Baltimore is in the ratio of 1 colored to 6.7 whites. The deaths in 1912 were in the ratio of 1 to 3. The mortality from typhoid for 14 years has been in the ratio of 1 to 4. The average death rate of whites for 10 years has been 2.56 per 1000; of negroes 5.61. The average death age from cancer is among whites, 60 years; among negroes, less than 50 years.

Given two races wholly segregated, these figures might tell only of one race's lesser resistance to disease. But, while statistics cannot be produced to show it, the death rates cannot be treated separately. Of those white deaths, how many, must we suppose, were due to disease caught from the race more liable to it? Relative mortality from disease once caught is much less important than liability to catch and carry it.

The problem is city wide, and there are two ways of approaching it. One is strict enforcement of the rules of sanitation. This is a duty imposed upon the city by its segregation policy, but it is one which is almost impossible of performance in any event and clearly impossible except at such public cost as would create an uproar. The other way is by the education of the colored population to the standards of the whites.

This conference marks the tangible beginning to such an attempt. All praise to those, both colored and white, who have promoted and are assisting it. The negro population can, we believe, be shown. The final task is inevitably for the city to perform. But it is only on the foundation of intelligence in the colored race that the work can be built. Undoubtedly the negro must be helped constantly and forcefully. But the size of the colored audience that gathered to hear the speakers last night, and the number of would-be hearers that were turned away, prove the race far more desirous of help and instruction than was dreamed.

Oct. 25, S. O.
State
DEC 30 1915

"Clean-up Day" and the Negroes.

"Clean-Up Day," April 10, should have special interest for the negro people of Columbia and other communities of South Carolina. The leaders of their race, their ministers and teachers especially, should exert themselves for its general observance.

Between 1900 and 1910 the white population of South Carolina increased at a rate nearly three times so great as that of the negro population—about 12 per cent. to less than 8 per cent. The explanation of this tremendous disparity is the greater mortality among the negroes—especially the mortality of children. The birth rate of the negroes is probably higher than that of the whites.

While it may be said and with truth that the high negro death rate is due in part to the more general poverty among the negroes, to the comparative inferiority of their dwellings and their inability to buy as good foods as the whites enjoy, filth is the main cause of it. While filth is the common accompaniment of poverty, there is no reason that it should be. The negroes have strong hands and, as a rule, plenty of time to keep their premises clean and, while there is a great deal of ignorance among them, they have intelligent leaders who can teach them how to improve their manner of living without additional expense.

The health of the white people of a community like Columbia and that of the colored people are interdependent. However careful a white family may be to observe the laws of sanitation, it can not relieve itself of the menace of neighbors who disregard them. A colored servant coming from an unhealthy negro quarter into the home of a white family may at any time bring infection. A cook may be ever so clean and decent in person, but if she live in squalid and foul surroundings she may be the innocent victim and carrier, too, of disease. It therefore follows that, from a selfish motive if not from a higher one, the white people should encourage the negroes to improve in their habits of living and particularly in the manner of keeping their houses and their yards. Moreover, the white people wish their colored neighbors well, they would like to see the great death rate among them reduced and they are ready to lend encouragement and assistance to them in whatever efforts they undertake for the betterment of their race.

We have no doubt that the health authorities of the State and the city will gladly advise and direct, so far as is possible, the colored people in the work for health that is to be undertaken April 10—a work that should be of the utmost concern to all people without regard to color.

COMBAT THE MONSTER: CONSUMPTION.

The Colored
3/23/15

One of the things that the National Negro Health Week, March 21st to 27th, is intended to do is to spread information concerning how it is possible to keep from having consumption and also what to do to cure concumption. For a long time it was supposed that consumption was inherited and incurable. It is now found that this is not true. Consumption is a disease that is acquired and with proper care can be cured.

It is hoped therefore, that in connection with Health Week, special meetings will be held in every locality at which physicians and other competent persons will instruct the people how to combat this scourge of the race.

600,000 Negroes of Present Population Will Die from Consumption.

It is estimated that of the ten million Negroes now living in the United States six hundred thousand, or sixteen out of every one hundred, will die of consumption. On the other hand, it is estimated that one-fourth of these six hundred thousand persons, or one hundred and fifty thousand, can by means of preventive methods be saved.

Help Us Save This 150,000

Many things are necessary to overcome this monster, for consumption is a disease of poverty and is spread by bad houses, insanitary methods of life, carelessness and excesses. But of all things that help to overcome consumption, nothing is so important as abundant fresh air. Do not sleep in a room where you keep the windows tightly closed in cold weather? Do you keep Do you work in a room or a shop where the air cannot enter? If so, you are hazarding your life and inviting death. Open your windows and keep them open at alll times, especially during the hours of sleep! If you have not cover enough to keep you warm in cold weather, save money and buy it, for ample cover, permitting you to sleep with your windows open will do more for your good health than all the medicine you can buy. If you want to live, and to keep from having consumption, live with your windows open!

(Signed)

BOOKER T. WASHINGTON,
President, National Negro Business League.

Tuskegee Inst., Ala., Mar 8, 1915.

ADDRESS COLORED AUDIENCE.

Commissioner Brownlow and Supt. Nesbit Speak on Race Needs.

District Commissioner Louis Brownlow and Charles E. Nesbit, superintendent of insurance of the District, were speakers at a meeting yesterday afternoon in the Metropolitan A. M. E. Zion Church, under the auspices of the trustees and Men's Club of the church.

The Commissioner spoke of the value of vocational training, and declared that improvement in living conditions is responsible for a reduction in the mortality rate of the colored population of Washington.

Mr. Nesbit urged the men's clubs of colored churches to take an interest in insurance matters, with the object of protecting members of their race against the practices of unscrupulous companies.

The District officials were welcomed by the Rev. R. A. Carroll, paster of the church, while the meeting was presided over by William B. Harris, an employe of the Treasury Department. A musical and literary program was rendered. The meeting was arranged by a committee in charge of J. S. Jones, chairman.

Health Week – 1915

A Great National Health Week to be Observed From March 21 to 27, 1915.

The Kansas City Sun 1/30/15

Tuskegee Institute, Ala. — After carefully considering the whole matter, I am authoried by the Executive Committee of the National Negro Business League to invite the following organizations, as well as others to be named later, to unite with the League in observing a National Health Week:

Daily and weekly newspapers,
Health journals,
The National Medical Association,
The National Association of Graduate Nurses,
The National Association of Colored Women's Clubs,
The National League on Urban conditions among Negroes,
The National Association of Teachers in Colored Schools,
The National Negro Press Association,
The bishops and other officers of colored religious denominations,
State Medican Associations,
Annual Church Conferences and Associations,
Secret society organizations,
Colored insurance companies,
Farmers' Conferences,
Farmers' Improvement Societies,
Churches, schools, and other local organizations,
State health officers.

In Alabama, Louisiana, North Carolina and other states special Health Days have at one time or another been observed. For some years the Virginia Organization Society, under the leadership of Major R. R. Moton, has observed a Health or Clean-up Week. It is thought to be well to unite all these efforts into a National Movement and join the movement on to the Virginia effort.

It is thought the race will welcome this oportunity to unite all these efforts in one great National Health Movement, and thus gain the benefit of the momentum and the enthusiasm that will come from the great united Health Movement.

Without Health and until we reduce our high death rate it will be impossible for us to have permanent success in business, in property getting, in acquiring education, or to show other evidences of progress. WITHOUT HEALTH AND LONG LIFE ALL ELSE FAILS!

The following facts will illustrate something of the need and importance of this health movement:

450,000 Negroes in the South alone are seriously ill all the time; the annual cost of the sickness of these 450,000 Negroes is $75,000,000.

112,000 Negro workers in the South alone are sick all the time; their annual loss in earnings is $45,000,000; 45 per cent of the annual deaths among Negroes are preventable.

225,000 Negroes of the working class die annually; 100,000 of these deaths can be prevented.

The annual funeral expenses of Negroes in the South alone are $15,000,000, $6,500,000 of this amount could be saved.

Sickness and death cost Negroes of the South alone, $100,000,000; $50,000,000 of this amount could be saved.

We must reduce our high death rate, dethrone disease and enthrone health and long life. We may differ on othr subjects, but there is no room for differences here. Let us make a strong, long, united pull together.

Other facts will appear in the weekly press and in circulars from week to week, and information will be gladly furnished.

BOOKER T. WASHINGTON,
President National Negro
Business League.

"Better Babies," An Address Delivered By Dr. C. C. Middleton at Health Week Observance at Urban League Headquarters

Savannah Tribune 3/13/15

Babies, the very name brings a smile of pleasure to your faces. Many are the hearts and homes which have been brightened and cheered by this small, but precious bit of humanity. What more beautiful picture could one find than the babe dancing in its mother's arms Famous artists have long ago discovered the beauty of this scene and made it the subject for many priceless paintings such as the numerous and beautiful Madomas.

Probably the most valuable, most helpless, and withal the most appealing creature in the world is the human infant, and it is because of its very helplessness that this paper is written.

The baby's greatest resource is the mother love which is always instantly aroused by the baby's greatest weapon, its mightily appealing cry. It is because of this mother love and appealing to it that your humble servant expects some good, however little, to be derived from these few remarks.

Perhaps it may create some curiosity and comment that such a subject should be chosen for a paper during health week, but, I would ask your patience for a while until we can see if there is not some connection.

The death rate to-day among our people is almost, if not quite, double that of the white race. A great many deaths that go to swell this total, from which the rate is computed, are among the infants less than one year of age.

It naturally follows then, that if by any means this number can be cut down without a doubt, the death rate will decrease.

In the consideration of this subject attention must be given first to the reason for the large number of deaths, secondly, to the remedies, if any, to be applied.

Taking these up in order then, what are the reasons for this large mortality, for the enormous number of our babies that daily go to swell the number of those who have passed into the great beyond.

A large number of causes enter into this, but most prominently and standing out like the arc light on a corner on a dark night are the following:

First, improper care of the mother before confinement.

Second, improper care of the mother during and just after confinement.

Third, improper care of the newly born infant.

Fourth, improper feeding of the newly born infant.

Fifth, disease.

Beyond peradventure of doubt to my mind, at least, the last one, disease, is far out measured in its death dealing proclivities than are the other four. Let us then for a few minutes see how these other factors enter and cause trouble.

First, improper care of the mother before confinement. We shall only consider under this the care of the mother from conception until she becomes a mother. A great many expectant or prospective mothers among the more intelligent class consult a physician immediately, or as soon as they discover their condition. Well and good, but how about that large number that inhabit Yamacraw, Frogtown and the Old Fort? Living in some cases so thickly settled that it is necessary for the lamps to be put out before anyone can go to bed, and under very poor sanitar conditions, to say the least, living as I say under these conditions, these prospective mothers pay absolutely no attention to their condition until it is absolutely or quite time for parturition. They know nothing, and consequently can give one no information as to their condition. They look at you with wonder if you ask the probable date of confinement and similar questions being content unknowing, and trusting all with a sublime but unjustified faith to the future.

Pernicious vomiting, extending late into pregnancy, diseases of the kidneys often culminating in eclampsia, faulty position of the child, defects in the formation of the maternal pelvis that could easily be ascertained, are only a few of the things waiting just around the corner to pounce upon these mothers.

How many children are still-born or die within two or three days after birth could have been saved if these mothers had only known, and then taking advantage of this knowledge, consulted a physician. But alas and alack, they know not and when one sees such cases in extremis, so soon to leave this earthy stage whereon they have performed such a short time, one can only do the humanly possible and leave with a weight of sorrow and pity wishing that the woman had not waited so long.

But by some perversity of fate and the Goddess of Good Fortune some escape these dangers only to fall into greater ones on the date of probably the most momentous event of her life up to that time, that is namely: second, improper care of the mother during and immediately after confinement.

What is the usual method in these cases? What preparation does the home and the prospective mother undergo before the birth of the child? Most of you know of, if not personally, the genus Granny. Now there are grannies and grannies and then some other grannies. These women get the worst. She is engaged to attend the mother. She holds a consultation with the expectant mother and father but only as to the size of the fee, and the promptness of its payment. This momentous question having been settled, she goes back home to her work or to some other home and has another consultation.

The eventful day arrives, the granny is called. Now, what are the conditions that confront the new actor upon the stage of life? (Pardon me if I make statements that seem hard to believe, but any condition that I refer to I myself have witnessed.) Go with me on a call it is like many

others and will serve as an illustration. Shortly after my induction into my duties as a city physician, I received a hurry call one night, the bearer of the message stating the nature of the case. Hastily putting on my clothes, I started out in mad haste with great faith that every thing was ready and with very little trouble everything would come out alright. My faith and trustfulness were treated to a rude shock. When I reached the house, a little one story, four room shack, of which the prospective mother, her husband and his mother occupied one room, I found a room absolutely filthy, dirt everywhere. The paitent was on the floor and it was a question in my mind as to which was the cleaner, the bed or the floor. The only light was a chimneyless lamp which filled the already over crowded room with smoke.

Under such conditions surrounded by a goodly number of well meaning but ignorant neighbors and under the ministration of the good granny, the woman was gradually bleeding to death why? Twins. One child had been born when I reached the house, in fact, had been was several hours old; the mother with the other unborn child was hemorrhaging after the birth of the first one, and had been for some hours. Should it cause you wonder that she succumbed shortly after and the first baby bereft of the maternal breast and under such circumstances lingered with us only a few short days.

With a [illegible] before labor set in or even after that mother could have been delivered of two fine babies, but they helped carry up the death rate. An exceptional case? Not at all. I see such cases almost daily, but the worst part of it all is that no one seems to care. And be not deceived the dependence upon a granny is not confined to the lower class by any means. I met a man not long ago and during the course of our conversation I offered my congratulations upon the arrival of a little stranger in his house. Responding, I was dumfounded to hear these words,, "Thanks, if ever I need a doctor in such a case I'll call you." I do not think I'll ever get that call for I told him just what I thought of any man that ought to know better, trusting his wife's life to an uneducated, ignorant granny. As I think of the way he looked as he left me I hardly think I'll ever get that call. Numbers impossible even to approximately calculate the total are annually served upon the altar of the mogul ignorance, so ably served up by the high priestess of inefficiency, the granny. As many women as escape danger pass down the line with permanent defects as reminders of the occasion. Able to be about but always complaining and from then on helping to support the charlatan and the quack in a vain hope of recovery.

But what about the little stranger born amid such unhappy surroundings? Is he looked after properly? Not by any manner of means, or better, to use the common term, not by a long shot. From the time he gets here until he leaves, a history of his days would make a fair text book on "things not to do." Beginning as soon as he gets here the little novel bound up with burnt cloth or cotton and dirt, and wrapped in far from clean clothing, he starts out bravely, but infection soon follows and then comes the cry, "Doctor please do something; the baby's jaws are locked" or "The baby is having convulsions." Too late! too late. Or perhaps it takes a different form and the cry is "The baby's eyes are running." Do you know that more than half of the babies so-called born blind, are blind because of ignorance of the parents or attendants at birth. True, nevertheless. And the pity of it is that most of it could be prevented. Let me cite you to a case of a form rarely appreciated, but illustrating how various are the ways in which ignorance hurts. I was called a baby twelve days old. [illegible] gave a history of not be[illegible] get the baby awake. [illegible] tioning disclosed the [illegible] The granny had mixe[illegible] anum to give [illegible]

The same day the baby being fretful she decided to use a prescription which from frequent seeing, I call the granny's "Black Bottle." This prescription is too widely used to any longer hide its light under a bushel, and so I'm going to give it to you. Common lard is melted and then granulated sugar placed in it, the whole is mixed up and then taking the baby, who may be anywhere from 1 day to 3 or 6 months old, upon her lap she ladles this decoction in by the teaspoonful. Now, the granny in question, the baby being fretful, as I said before, decided what to do, but she made a big mistake. She used the same glass in which she had mixed the laudanum and lard to mix the prescription, and she forgot to wash the glass. Result, baby poisoned with laudanum, and for over 48 hours the parents did not call medical attention, because the granny said the baby would be all right.

Escaping all these dangers maybe, the stranger has one big fight yet in his way. Whatever else is done right, everybody seems to take an especial delight in mistreating the baby's stomach or as Bishop Reese calls it, the "Little Mary." Probably some of you know that pain from personal experience, I do, and I would not and could not wish for my worst enemy anything worse than to have his "Little Mary" raise a row. But the baby is helpless and these ignorant mothers stuff them with every conceivable thing. Not long ago I saw a case where a three months' old baby was being fed the same food as the parents, and the mother wondered why the baby got sick.

These things are wrong and account for the majority of the deaths of our babies. Disease both by heredity and contact play a part and answer for some, but it answers by far for the lesser number.

Now, granting these things are wrong, what measures can be used to prevent them? How conserve the life and health of our babies? It is the privilege of young men to dream dreams and see visions, and as I am still at that time of life designated by Ingersol as "When the shadows of life's sun are still being cast to the west", I shall tell you of my dream:

It is in the year 19 and some, the Urban League has grown and prospered. All welfare work among our people has centered in one big and efficient body, in charge of well trained people who do nothing else but look after the League's work. At the League's headquarters is a dispensary presided over by a well trained obstetrician, having under his guidance several assistants, and a number of nurses. Each day brings to this dispensary and clinic numbers of prospective mothers, who have their bodies examined, their blood and urine tested, and are given instructions concerning their habits of livnig. They return to clean homes, carrying out the instructions under the guidance of a well trained nurse, who is furnished by the League, and visits her patients at least once or twice a week before the time of confinement. At confinement the prepared mother with a mind at ease amid clean surroundings, and attended by an efficient doctor, is delivered of a healthy infant to bring joy and gladness to the parents' heart. The nurse remains until all danger is past, teaching the young mother the right way and why, and later visits her often enough to see that she does not go astray. It is January, the annual report of Dr. Brunner has just been issued, and Editor Johnson in the Daily Tribune comments with glee that the death rate among infants is practically nil.

Friends, that's a dream, but how much of it can we bring true here today. I feel quite certain that the joint working of the League with the Medical Association could work wonders. First, demanding, working for and not resting until it is secured, a first class mid-wife law; demanding qualification training, and licensing of midwives just as is done in the case of a physician.

Secondly, by means of the woman's committee of the League, whenever they find prospective mothers, impressing upon them the need of medical examination and supervision. In needy cases, the Medical Society will probably, if asked to do so, furnish a physician free of charge, or call upon the city physician of that district. As a striking example of what can be done in this line, let me call your attention to the work of the Woman's Municipal League of Boston, which in the past five years has given prenatal nursing to 1512 case, and not a death occurred during pregnancy, while only 9 of these died during confinement.

My friends, today we are wasting through criminal negligence and indifference innumerable babies, the finest the world has ever seen. Let's save some.

"CLEAN UP WEEK"

[illegible]

Dear Patron,

It is very important that you arrange to be placed within delivered so that it will be protected not only from dust and flies but also from the inquisitive or hungry cat or dog. Another important thing is to get the habit of wiping the lip of the milk bottle with a clean damp cloth before removing the cap. The adoption of these two policies will add to the health of your family.

Signed, —— J. R. Fugett. Creamery Division.

2.

Health Week – 1915

NATIONAL HEALTH WEEK

No wiser and more timely project has ever come from the fertile brains of Booker T. Washington than that of a "National Health Week" to be observed from March 20 to March 27. While other races rave with righteous indignation against this and that new attempted invasion of the rights of the race, the toiling Tuskegeean keeps on sawing wood with the race itself, seeking to make it strong financially and keep it strong physically. Against the ravages of the white plague and thousand other ills that black flesh seems especially heir to, it should be of the first concern to all race proud colored citizens that all should get together now to consider ways and means to improve their general health conditions. It is not that the race is born slower but that it dies faster that threatens its future strength and survival in America. It is not the hand of an unkind Fate that snatches to death from the cradle the alarming number of black infants both in the city and the country, not only in the South but as well in the North. The LACK OF CARE of the teeth, the POORLY VENTILATED bedroom, the UNHYGIENIC living room, the GERM LADEN old clothes, the SEPTIC drinking glass, the GENERAL FAILURE to guard against contagion, cause the excessive infant mortality and consumption to ride rampant throughout the black race. Colored preachers and teachers, if they are true to their professions, should instill the lessons of health and hygiene during "National Health Week." All the race should then stop and resolve to heed henceforth their counsel!

THE HEALTH WEEK

For several weeks past we have called attention to the observance of Health Week, March 21-27. Less than two weeks now remain for preparation for this important and far-reaching [illegible] Brother, what have you done toward this responsibility?

Here is a chance for the physicians to show their public spirit and their interest in the people as a whole. They should take the lead in this matter and call the people together and plan for this week. At any rate, let the minister, the school teacher and the physician form a committee and call the people together immediately and plan for the observance of Health Week.

Not only should there be a program on Sunday, March 21st at which time the physician and the school teacher and the minister should talk on Health Problems, but during the following week some practical work should be done. For example, St. Paul's Church, Shreveport, La., is planning to clean the church from top to bottom and from side to side. There will be brushes, mops, soaps and lyes. This is one of the very best Churches in the state and round about. So one day of the Health Week should be set apart to clean up the churches, clean out the filthy corners, the rubbish and dirt. Another day should be devoted to cleaning up the schoolhouses. Whether public property or private property, let the patrons join in with the pupils to clean the schoolhouses. Ask the authorities for a holiday. The cleaning of the church and schoolhouse will give the right of way for the suggestion to clean up the homes and backyards. This will have a fine effect upon the community life. When this is done then there should be a liberal use of whitewash. It costs very little to have things clean and white. With the lime slackened, with the addition of salt, a little blueing, five or ten cents worth of glue, dissolved slowly in hot water, one can have a fine preparation for whitewash that will stand the weather and will greatly beautify any place.

Let us go in to make Health Week of real practical value in teaching our people cleanliness which is really essential to good health and Godliness.

HEALTH WEEK.

Health week ended successfully and interestingly for New York's colored thousands. We hope Health Week has just begun. The many things we were exhorted to do during Health Week are the many things we should do throughout the year.

Fresh air and proper sanitation should be the watch words not alone for seven days in the year, but during the entire three hundred and sixty-five. Good health is more necessary than wealth, and even when the latter is attained the former is still necessary to its full enjoyment. On with the health work!

EXHIBIT FOR NEGROES

Health Conference To Be Held And Booker T. Washington Coming.

A health exhibit with its chief purpose to arouse the colored folks in the fight against tuberculosis among their own people will be held March 24 to 26 in Bethel African Methodist Episcopal Church, Druid Hill avenue and Lanvale street, by the Maryland Colored Health Association.

It will be under the auspices of the Medical and Chirurgical Faculty of Maryland and was prepared by the committee on public instruction of that society, of which Dr. Emil Novak is chairman and Dr. D. J. Fort secretary. The big part of the work was done by the executive committee, Dr. Henry S. McCard, chairman.

On the first night Dr. Novak will preside and the speakers will include Governor Goldsborough, Dr. William H. Welch and Dr. Booker T. Washington. Health Commissioner Nathan R. Gorter will preside the second night, at which tuberculosis will be the chief topic. The speakers will be Mayor Preston, City Councilman Harry S. Cummings (colored), Dr. J. Hall Pleasants, Dr. McCard and Miss Anna Jones, superintendent of the visiting tuberculosis nurses.

The last night's meeting will be in the hands of the Maryland Medical, Dental and Pharmaceutical Association (colored). Dr. E. V. Fitzgerald (colored) will preside and among the speakers will be Dr. N. A. B. Dubois (colored), of New York, of the National Association for the Improvement of the Colored Race; Drs. H. E. Young, W. B. Wright and H. M. Brown (all colored), and R. C. Powell, secretary of the Maryland Association for the Prevention of Tuberculosis.

The organization of the Maryland Colored Public Health Association, which Mason B. Hawkins (colored), principal of the Colored High School, now heads, will be completed and plans made for organization throughout the State.

Colored Public Health Conference To Be Held

With the object in view of securing the co-operation of the colored physicians and citizens of Baltimore in the improvement of hygienic conditions, the first colored public health conference ever arranged in this city will be opened for a three-day session next Wednesday.

The conference will be held under the auspices of the Medical and Chirurgical Faculty with the committee of public instruction in charge. This committee has for its chairman Dr. Emil Novak and for its secretary Dr. S. J. Fort.

The conference will be held at Bethel African Methodist Episcopal Church, Druid Hill avenue and Lanvale street. A health exhibition will be open during the day and in the evening there will be public meetings.

Many well-known men are announced as speakers. Among them are Governor Goldsborough, Dr. William H. Welch, Booker T. Washington, Dr. Nathan R. Gorter, Health Commissioner; Dr. W. E. B. Du Bois of New York, editor of the Crisis, and Mayor Preston.

FOR NEGRO HEALTH SESSIONS

Conference Will Probably Be Held Next Month.

A meeting for the purpose of arranging a health conference for the colored people of this city was held yesterday afternoon at the Medical and Chirurgical Faculty Building. The conference will probably be held during the week of March 22 at Bethel Methodist Episcopal Church.

Prominent members of the colored race will be among the speakers. Booker T. Washington is one of those invited. Governor Goldsborough is much interested in the proposed conference, and it is expected that he will make an address at one of the meetings.

The subject of tuberculosis among the colored people of the State will form a part of the discussion. At present there are but 30 beds in Maryland, all of them at Bay View and all of them for advanced cases, for the treatment of tuberculosis among the colored people.

If Dr. Booker T. Washington and the National Business League have spread their Health Week influence as they did in Indianapolis they can rest assured that they have had come to pass the most popular thing of a similar kind ever suggested by them or any other person or persons. The school children are saying this week, that Booker T. Washington has ordered the colored people to clean up, and they are not standing on the order; they are cleaning up. Such simplicity; and it is needed in the world—such simplicity. If they do not think he has so much authority, nevertheless, they believe something enough to carry out the "order" willingly and cheerfully. He should feel proud of his unknown enthusiasts.

HEALTH WEEK IN MACON COUNTY

National Health Week was observed by the Tuskegee Institute community and generally over Macon County. The following special committee had charge of the Health Week Campaign: Mr. C. J. Calloway, chairman; Mr. G. Lake Imes, representing the extension work of Phelps Hall Bible Training School; Dr. J. A. Kenney, Medical Director of John A. Andrew Memorial Hospital; Mrs. Booker T. Washington, President of the Tuskegee Woman's Club and of the Mothers' Club organization in the town of Tuskegee; Mrs. T. J. Ferguson, representing the Health Division of the Tuskegee Woman's Club; Mr. G. R. Bridgeforth and Mr. A. R. Stewart, representing the Greenwood Board of Control. The public school teachers of the county also worked in close affiliation with this committee.

Enthusiastic meetings and talks and pictures on health topics were given at the Children's House and at the churches in Greenwood, at Mount Zion, at Mount Olive, at the Washington Model Public School, East Side Tuskegee, and in the Institute Chapel. Considerable whitewashing was done in Greenwood, and in the Zion Hill and Mt. Olive communities. Much general cleaning up of back yards and houses has been in evidence. Persons riding along the railroad between Chehaw and Tuskegee have been much impressed with the number of whitewashed houses which are in evidence as a result of the "Clean-up Campaign."

As above stated, plans for the observance of Health Week were worked out several weeks in advance by the

committee representing the various departments and organizations previously mentioned. In making its arrangements, the committtee provided for three definite lines of activity, namely: Public meetings, literature and health service. Under the first head a letter was sent to every pastor in Macon County asking him to preach a Health Sermon on the Sunday nearest the date set for Health Week as most of the churches in the rural districts do not have preaching every Sunday. In the Institute community a sermon on Health was preached in the morning and in the afternoon a Health Mass Meeting was held at three different churches where there was a general discussion of Health topics by a representative of the Health Department. Within the Institute the same attention was given to the subject. Chaplain Whittaker preached a strong and plain sermon on Cleanliness, describing flies, mosquitoes and similar insects as messengers from God calling our attention to the presence of dirt, filth and uncleanliness.

In the afternoon the Y. M. C. A. and the Y. W. C. A. used a Health topic for the consideration of their members. On Sunday night Dr. Kenney, Medical Director of the John A. Andrew Memorial Hospital, delivered an address touching the Health of the Negro that was both pointed and practical. This busy day was followed on Monday with mass meetings at night at the Children's House in Greenwood, the Washington Public School on Mt. Olive Hill and at Butler's Chapel on Zion Hill. At each of these meetings an address was delivered by a representative of the Health Department and the Health Week program was discussed. During the week the Health Idea was discussed in the public schools of the County. The County Superintendent, Mr. W. B. Riley, in a meeting of the county teachers held on Saturday before Health Week, instructed each of his teachers to devote at least one period of each day to instructing the children in manners of health and sanitation. For this purpose a list of topics was put into the hands of each teacher with suggestions as to the manner of presenting the subjects.

The literature of the campaign was simplified into card form. A card was issued from the Extension Department containing in brief form an anagram of Health Hints for Health Week; below this was the Health Program for Health Week, which consisted of a list of activities for each day of the week that could be followed out by each housewife. Through the school children one such card was put into every house within ten miles of the Institute, instructions being given to tack it up where it could be seen. The children were also instructed about carrying out such measures as cleaning the yards, whitewashing, draining pools and scattering lime.

In the way of Health Service three measures were put on foot. One was the organization of a whitewash squad to go from house to house to do the needed whitewashing at cost. The second was the sending out of a trash wagon to gather the trash that had been raked together and piled for disposal. The third was a disinfecting squad that carried hydrated lime, creolin and fly poison. This squad composed of five students from the Bible Training School carried their lime and liquid disinfectant on a wagon and went from house to house in the Tuskegee community selling these materials to housewives at cost and where desirable at a little less than cost. Permission was given by the authorities of the town of Tuskegee to do this selling without a license as their share in the Health Week Program. In this way lime was sold through the week until the supply was exhausted. Requests are still coming in from homes where the squad could not supply.

In the Institute the movement was brought to a close with a stereopticon address by Dr. Kenney in the Institute Chapel on Sunday night, last.

Visits to the county found the children in school talking health and the landscape was dotted with newly whitewashed houses and fences. Many of course had begun to clean up as soon as the movement was announced more than a month ago; these had little to do during Health Week.

It is certain that Macon County tried to clean up last week. The idea has caught the people and the work will be kept up during the year.

MARCH 21ST A DAY OF PRAYER FOR BETTER HEALTH CONDITIONS.

Tuskegee Institute, Ala.—In response to numerous calls for suggestions as to how National Negro Health Week may be observed, the following for the first day—Sunday, March 21st—has been issued by the Executive Committee of the National Negro Business League, Dr. Booker T. Washington, President. Specific instructions for observing the other days of Health Week will be published in booklet form and distributed at an early date.

In order that the people may enter heartily into the movement for better health and to the end that the program may be effectively carried out, it is suggested that the ministers of all the colored churches throughout the nation, set aside the Third Sunday in March—the 21st—as a DAY OF PRAYER for better health conditions and that each minister arrange to preach on this day a special health sermon to his congregation.

In addition to this, each minister is requested to arrange, wherever possible appropriate services which shall include a discussion of local health conditions and any other matters which in his judgment will make the Clean-up Week a success.

CLEAN-UP COMMITTEE—It is further suggested that each community have a Clean-up Committee which shall investigate the conditions which menace the health of their community, arrange the program to suit these conditions and then see that the program is carried out and that the community is thoroughly and systematically cleaned.

In cities and communities where there is designated a date other than March 21st to 27th for general cleaning, it may be wel for the colored people in such cities and communities to arrange for their cleaning to be done on that date. These suggestions are submitted for cities and communities where no Clean-up Week has been designated.

WHY AN ENTIRE WEEK—An entire week is set apart, so that in case of cloudy or rainy weather, the first fair days may be used to do the cleaning.

NEGROES MAKING PLANS FOR CLEAN-UP CAMPAIGN

The National Negro Business league has designated the week beginning March 21 as "National Negro Health Week." A campaign intending to furnish negroes information concerning public health and encouraging them to clean up their districts will be actively conducted during this interval. Today every negro minister of the city will deliver a sermon on sanitary and hygienic methods of living. On Tuesday the negro doctors will speak to the school children on similar subjects.

NATIONAL HEALTH WEEK

Tuskegee Institute, Alabama.—After considering the whole matter carefully, I am authorized by the Executive Committee of the National Negro Business League to invite the following organizations, as well as others, to be named later to unite with the League in observing a National Health Week:

Daily and weekly newspapers, health journals, the National Medical Association, the National Association of Graduate Nurses, the National Association of Colored Women's Clubs, the National League on Urban Conditions Among Negroes, the National Association of Teachers in Colored Schools, the National Negro Press Association, the bishops and other officers of colored religious denominations, State Medical Associations, Annual Church Conferences and Associations, secret society organizations, colored insurance companies, farmers' conferences, farmers' improvement societies, churches, school and other local organizations, State Health Officers.

In Alabama, Louisiana, North Carolina and other states special Health Days have at one time or another been observed. For some years the Virginia Organization Society under the leadership of Major R. R. Moton, has observed a Health or Clean-up Weep. It is thought to be well to unite all these efforts into a National Movement and join the movement on to the Virginia effort..

It is thought the race will welcome this opportunity to unite all these efforts in one great National Health Movement, and thus gain the benefit of the momentum and the enthusiasm that will come from the great United Health Movement.

Without health and until we reduce our high death rate it will be impossible for us to have permanent success in business, in property-getting, in acquiring education, or to show the evidences of progress. Without health and long life all else fails.

The following facts will illustrate something of the need and importance of this health movement:

450,000 Negroes in the South alone are seriously in all the time; the annual cost of the sickness of these 450,000 is $75,000,000.

112,000 Negro workers in the South alone are sick all the time; their annual loss in earnings is $45,000,000. 45 per cent of the annual deaths among Negroes is preventable.

225,000 Negroes workers in the South alone die annually. 100,000 of these deaths can be prevented.

The annual funeral expenses of Negroes in the South alone amount to $15,000,000. $6,500,000 of thisa mount could be saved.

Sickness and death cost Negroes of the South alone $100,000,000 annually, $50,000,000 of this amount could be saved.

We must reduce our high death rate, dethrone disease and enthrone health and long life. We may differ on other subjects, but there is no room for difference here. Let us make a strong, long, united pull together.

Other facts will appear in the weekly press and in circulars from week to week, and information will be gladly furnished.

Yours truly,

BOOKER T. WASHINGTON,

President National Negro Business League.

HEALTH WEEK AT DALLAS.

On the front page of the Dallas Express last issue just below the date line we called attention to the fact that "Health Week" from March 21st to 27th, 1915, announced by Prof. Booker T. Washington to be observed by Negroes throughout the country, should be observed in Dallas. The Dallas Express further called attention at the time to the fact that every doctor in the city should be a party to the program and asked expressions from ministers encouraging the project.

As a result of the interest of the Dallas Express in "Health Week," the auditorium of New Hope Baptist Church has been secured through the kindness of Pastor Jackson and officers, for a giant mass-meeting, Sunday evening at 3:00 o'clock, March 21st. At this meeting skillful physicians and eloquent practitioners will address the vast audience on the Cause and Prevention of Disease.

Houston, Galveston, San Antonio, Fort Worth, Austin and Waco are among the cities in the State which are moving heaven and earth to get results in the cause of health, and Dallas must prove no exception to the rule. A Dallas Express representative called on a number of doctors, lawyers, teachers and business men, not one of whom objected to doing all in his power to make Health Week—March 21st-27th—a distinct success in Dallas. Texas.

Health Week - 1915

ECONOMIC LOSS DUE TO SICKNESS

By R. R. Wright, Jr., Ph. D.

Sickness is a very fruitful cause of poverty. But it is also often a result as well as a cause of poverty. Twenty-four and five-tenths per cent. of the applicants to the charity organizations above referred to gave sickness as the immediate cause of their having to ask for relief. Professor Dubois family budgets show that the poorest people pay the highest doctor's bill in proportion to their income. He gives a family whose yearly expenditure was $121.50, and whose bill for sickness in proportion was $10, or 8 per cent of the entire income; a family of two spent $206 for all purposes, $15 of which was for sickness; a family of four spent $338 and $40 for sickness; another family of four spent $520, but only $10 for sickness; a family of seven spent $683, of which $50 was for sickness, and "one of the best families," consisting of five persons, spent only $5 for sickness. A conservative estimate places the number of Negroes who are sick during the year at 20,000 in Philadelphia, or about one-fourth of the entire population.

Not only does sickness mean the paying of the doctor's bill, but also the loss of time from work and consequently of wages. An attempt has been made to estimate the Negroes' economic loss on account of sickness, using for the purpose the records of the University and the Frederick Douglass Hospital. From January to March 30, 1906, there were 85 Negro patients in the University Hospital who remained for two days, the shortest, to sixty four, the longest. The total length of confinement was 1.817 days, or about twenty-one days for each patient. There were thirty males and thirty-five females—persons whose average weekly wages was about $4.50 for women and about $9 for men, which means about $18.24 per person for the time lost.

In the Frederick Douglass Hospital (conducted by Negroes) the record for a longer time was taken and the average confinement was longer.

Occupation, Days Confined and Wages of Patients in the Frederick Douglass Hospital, Philadelphia.

Females.

Occupation	Number Patients	Days Confined	Weekly Wages	Total Wages
Nurse	3	104	$4.50	$67.00
Domestic	41	1,112	4.50	779.33
Maid	135	135	4.00	77.15
Housekeeper	11	315	3.00	135.00
Chiropodist	1	39	7.00	39.00
Cook	3	142	5.00	101.45
Laborer	1	41	6.00	35.14
Laundress	2	46	5.00	32.85
Matron	1	14	5.00	10.00
Singer	1	18	7.00	18.00
Waitress	2	30	3.50	15.00
At'd School	5	103	....	.....
Not given	2	56	3.00	24.00
Total	78	2,255	....	$134.22

Males.

Laborer	24	661	$9.00	$850.00
Caterer	2	29	10.00	41.00
Waiter	6	129	10.00	184.30
Cook	2	36	10.00	51.40
Steward	2	99	12.00	169.68
Porter	6	192	10.00	174.30
Coachman	2	72	10.00	102.90
Elevator operator	1	7	9.00	9.00
Newsboy	1	7	5.00	5.00
Marble dresser	1	7	12.00	12.00
Janitor	1	14	10.00	20.00
Barber	1	14	10.00	20.00
School	1	22	.....	.....
Dentist	1	11	15.00	23.55
Not given	1	43	6.00	36.00
Total	52	1,343	....	$1800.13
Total patients	130	3,598	....	$3144.35

According to this table, of the 130 persons confined in the hospital, 124 are workers. There were 78 females and 52 males. The total confinement of females was 2,235 days, of males 1,343 days. Calculating the wages according to current rates, the total loss in wages was $3,144.35, and an average of $24.19 per person.

None of the cases reported in the hospitals were consumptive who loses more time than the average sick person. On account of the prevalence of tuberculosis among the Negroes, it is safe to say that $500,000 is a low estimate of the loss of annual wages of Philadelphia Negroes on account of sickness, and this tends to keep them poor.

The average age at death of whites of fifteen years or over was 53.4 years, and of colored for the same time was 44.1, a difference of 9.3 years. This latter record is of much significance as showing the length of possible economic activity of the races.

The census gave no complete record for Pennsylvania, the state as such not being in the registration area. But our calculations may not be far wrong if the average longevity of the Negro for the country is applied to the state. It is clear then, that if the average loss of the Negroes per person is 9.3 years and if the economic value of each year is, say, $100, the average economic loss of each Negro is $930. If 2,000 Negroes die in a year in Pennsylvania the economic loss is $1,860,000, which is equal to the annual interest at 5 per cent. on $37,200,000.—Extract from "The Negro in Pennsylvania." by R. R. Wright, Jr.

TO COUNTY SUPERINTENDENTS

The week beginning March 21st and ending March 27th, 1915, has been set apart by the colored people of the United States as National Health Week. During this week, Food and Long Life, Sanitation, Contagious and Communicable Diseases, Better Schools, Better Farms, and Better Homes, are among some of the subjects that are to be discussed.

We, therefore, designate the school week, March 22 to March 26, 1915, as Health Week among the colored schools of Tennessee; and trust that each county superintendent where the schools are still in session will give special emphasis to this week, aiding the colored schools, wherever possible, in securing competent speakers. Impress upon the teachers the importance of arousing a great interest among the patrons and securing their attendance at all the meetings.

Generally, the local physicians and pastors are willing to help out in any way they can. You might get them to discuss such subjects as tuberculosis, typhoid fever, contagious and communicable diseases, civics, sanitation, etc.

Set apart Friday March 26 as "Clean Up Day" and invite the parents of each community to help in this work. If this day is carefully planned for, it will be possible to have all the colored school houses of the county painted or white-washed and out-houses built.

We shall be glad to help out in any way possible to make this work a success in your county. Do not fail to call for us when we can be of service to you in any way.

Please notify us concerning the results of Health Week. Have each teacher report to you what is done in her school.

Most sincerely,

S. L. SMITH
State Rural School Supervisor.

Samuel H. Thompson
State Superintendent of Public Instruction.

SOME REASONS FOR HAVING A NATIONAL NEGRO HEALTH WEEK.

Under the call of the Executive Committee of the National Negro Business League, Dr. Booker T. Washington, president, preparations are going forward in all parts of the country, in the South, particularly, for carrying out the suggestions which have been outlined by Dr. Washington and his Executive Committee for the observance of National Negro Health Week.

The particular reasons for asking the Negro people of the country to observe National Negro Health Week are set forth in a bulletin statement just issued and which follows. Dr. Washington writes:

1. We are asking the colored people of the nation to unite in observing a National Negro Health Week in the belief that in carrying out the suggestions outlined below they will be doing the best possible service to themselves and to the race. Many diseases are spread from the sick to the well by means of germs that come from the sick person. These germs find their way into filth and waste and reach the bodies of well persons to whom they give the disease.

2. Diseases Most Fatal to Negroes: The following are the diseases most fatal to Negroes: Disease of infancy from which 27 per cent. of all deaths among Negroes occur; tuberculosis from which 18 per cent. of all Negroes die; pneumonia, 11 per cent. of all their deaths; diseases of the heart, 8 per cent. of all their deaths; Bright's disease, 7 per cent. of all their deaths; diarrhoea, 8 per cent. of all their deaths.

3. Diseases Exact Their Greatest Toll from the Young: The diseases which annually sweep away such large numbers of our people exact their greatest toll of babies and children and of our young men and women who being in the very prime of life constitute, economically and intellectually, the most valuable asset for the future progress of our race. Instead of these persons living and doing service as leaders of the masses of our people, they give their lives a useless toll to death. Our only remedy for their fearful drain on the pick and flower of our young womanhood and manhood is a widespread inculcation of the habit of clean surroundings and clean living.

A suggestive or outline program will be issued very soon, the purpose being to ask various communities to take copies of this outline program and have it reprinted in their various communities, under the auspices of

the several co-operating agencies so that a definite program for getting results may be followed in each community where National Negro Health Week is observed.

NATIONAL NEGRO HEALTH WEEK PROGRAM.

MARCH 21--27, 1915.

The program herewith submitted for the observance of National Negro Health Week is only intended to be suggestive. It is prepared with the thought that it may contain some ideas adaptable to various localities. It is hoped that the schools, churches, secret societies, Negro Business Leagues and other organizations, as already advised, will take the lead in seeing that Health Committees are organized for the purpose of co-operating in this movement to secure better health for our people. It is hoped that these Committees, when organized, will endeavor to get the Health Officers of States, cities, and counties to co-operate with them to make the Health Week observance effective, and also that meetings will be held from time to time during the week where health topics will be discussed.

The officers of various organizations are urgently requested to take the leadership in this movement. Any further information, if desired, will be furnished by

BOOKER T. WASHINGTON,
President National Negro Business League.
Tuskegee, Alabama.

WHAT TO DO DURING CLEAN-UP WEEK.

1. Move out and burn up all unnecesary rubbish and all unused old clothing and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

2. Brush down the walls and ceilings of all the rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and not water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls, ceilings and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the sidewalks and paint or whitewash the fences and house. In whitewashing, use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the hen-house. Whitewash them if you can and see that no filth remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses at schoolhouses and churches.

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3. **Diseases Exact Their Greatest Toll from the Young:** The diseases which annually sweep away such large numbers of our people exact their greatest toll of babies and children and of our young men and women, who being in the very prime of life, constitute, economically and intellectually, the most valuable asset for the future progress of our race. Instead of these persons living and doing service as leaders of the masses of our people, they give their lives a useless toll to death. Our only remedy for this fearful drain on the pick and flower of our young womanhood and manhood is a widespread inculcation of the habit of clean surroundings and clean living.

A suggestive or outline program will be issued very soon, the purpose being to ask various communities to take copies of this outline program and have it reprinted in the various communities, under the auspices of the several co-operating agencies so that a definite program for getting results may be followed in each community where National Negro Health Week is observed.

NATION TO OBSERVE NEGRO HEALTH WEEK

Booker T. Washington Fathers Project, Heartily Seconded by Boards of Health.

NEW YORK ACTIVE IN WORK

Lectures and Demonstrations to Help Race Begin Everywhere To-day.

Out from the portals of the Tuskeegee Institute in Alabama have come the first syllables of a tale which has yet to be told—good health for the negro. Booker T. Washington, tireless champion of his race, joining hands with the National Negro Business League, has issued an appeal for what is to be known as the National Negro Health Week, to begin to-day.

Nation-wide observance of this project, which in the South will be known as "Clean-up-Week," already is begun. The New York Board of Health, with its usual efficient thoroughness, has set in motion machinery which will reach thousands of negroes in this city who are content, with the bliss of ignorance, to be a part of death rate statistics which reveal appalling truths. Taking the figures for the United States, the negro death rate is 23.6 per 1.000, as opposed to the white death rate of13.7. As is to be expected in urban conditions, the general rate in New York city is for the negro, 26.31; for the white, 13.40.

Lectures Scheduled.

With the encouragement born of the knowledge that the negro rate is gradually falling toward the white rate, the Department of Health experts are throwing themselves with energy into Health Week activities. Lectures are being scheduled, visiting nurses in negro districts are arming themselves with Board of Health pamphlets, the many milk stations are prepared for twice the normal number of patients and the tuberculosis clinics are rolling up their sleeves in expectation of more patients than usual. Several churches, too, have opened their doors for lectures. Through all these agencies the literature which has been written with the negro reader in mind will be industriously distributed.

Important as are all these doings, however, it is the tiny finger of the baby that points to the ultimate solution of the vexing health problems. The Bureau of Child Hygiene of the Department of Health has, with the willing consent of its fellow workers, taken the centre of the stage in this movement. In the milk stations baby experts will show negro mothers how to bathe their babies, how to keep them clean from one bath time to another and how and when to feed them.

In particular they will urge the mothers to nurse the babies, even though their daily programme includes working in a laundry or scrubbing in an office building. To nurse the baby morning and night, with the bottle in between, the experts will tell the mothers, is better than not to nurse them at all. "Minding the baby," it is hoped, will become a phrase of deep significance when Health Week admonitions reach their destinations.

Health Sermons.

In many of the Southern cities the churches will observe to-day as a day of prayer and special health sermons will be preached. Two lectures already announced for the week in New York are one by Dr. Thomas J. Martin of the Bureau of Child Hygiene, "Why the Babies Die," and another by Dr. O. M. Leiser on "How Tuberculosis Spreads and How It Can Be Cured." Dr. Martin will lecture in the Mother Zion Church, in 136th street, between Lenox and Seventh avenues, and Dr. Leiser in St. Mark's M. E. Church, in Fifty-third street, west of Eighth avenue.

The following circular was prepared by the Virginia Negro Organization Society and sent out from Tuskegee:

Cautions for Good Health.

1. Live as much as possible in the open air.
2. Never sit or sleep in rooms with all windows closed.
3. A breath of fresh air is better than a dose of physic.
4. Keep the body clean by free use of soap and water. If your constitution will stand it, generally use cold water for bathing. Never bathe in warm water and then go immediately out into the cold.
5. Go to bed early, rise early. Do all the work you can.
6. Eat only plain, wholesome food.
7. Use netting or wire screens to keep flies from the house and food. Flies are almost certain to carry the germs of consumption, typhoid fever and other diseases.
8. Do not allow water to become stagnant around the house and yard, either in barrels or pails, or in ditches and ponds. It will breed the mosquitoes that cause chills and fever.
9. Do not pollute the soil around the house and barn yards. Have a closet and see that everybody uses it. Soil pollution causes typhoid fever, hookworm and other diseases.
10. If necessary, move your well so as to keep it free of drainage from privy barns and outhouses.
11. Be vaccinated as soon as possible
12. Let patent medicine alone.
13. Use plenty of pure water, fresh air and abundant sunshine.
14. Do not spit on floors, in trains or on the sidewalks or in public places.
15. Use your own drinking cup.
16. Strong drink is the friend of consumption.
17. Always remember "an ounce of prevention is doubly worth a pound of cure."
18. Let an ample supply of air into your churches and public halls.
19. Register all births and deaths in your family. It gives you legal protection.

Movement Is Timely.

Dr. Charles Frederick Boldman, director of the health department of the Public Health Education Bureau, said "The advent of the Negro Health Week is most opportune. We have been alarmed for a long time at the conditions among negroes and the resulting death rates. Many lives are needlessly sacrificed through ignorance and it is our hope to bring about a noticeable improvement. Tuberculosis and the fondness of the negro for patent medicines are our greatest enemies. If we can teach them how to live under more sanitary conditions, abjure patent medicines and care for their babies we will have the tuberculosis scourge by the throat."

TWO BISHOPS STRESS VALUE OF SANITATION

Bishop J. S. Flipper, head of the A. M. E. church in Georgia, addressed the teachers and students of the Atlanta Normal and Industrial institute, a school for practically training negro youth, Tuesday morning. Bishop Flipper said: "This is clean-up week at the schoolhouse, our homes, places of business and everywhere else, and I think it very proper. We are dying more rapidly than we ought for the reason we don't know, as a rule, how to keep our person and things about us in the best condition. I make an allowance for poverty, ignorance and too often laziness, which has not been in every case our fault, but this gospel of cleanliness should be preached to us for our own good. And there is no better place to preach it than in the schoolhouse."

Bishop Henry M. Turner spoke to the teachers and students Wednesday morning. Said he: "Our race must learn how to build up their health. It takes both industry and intelligence to know how to live. We must be trained in the school by unselfish and learned teachers who understand hygiene and sanitation. Good habits and retiring at the proper hours at night will have much to do with how long we shall live."

Health Week—1915

The Dallas Express 3/13/15:

Something Doing for

"HEALTH WEEK," MARCH 21 t

Great Union Meeting will be held in Dallas, Sunday evening, Ma
Hope Baptist Church at 3:00 o'clock. Dr. P. M. Sunday, president o
Association asked by the Express to make a program. Watch
umns next issue. Dallas must not be behind other progressive

EVERYTHING READY FO

3/20/15

Dallas Express

"HEALTH WEEK," MARCH 21

Great Union Meeting will be held in Dallas, Sunday evening, M
Hope Baptist Church at 3:00 o'clock. Dr. P. M. Sunday, president
Association will preside.

HEALTH WEEK

PROGRAMME FOR MARCH 21, 1915

NEW HOPE BAPTIST CHURCH

At 3:30 p. m.

Meeting Called to Order by Dr. P. M. Sunday, President Dallas Negro Medical Society who will preside.

Song.....New Hope Choir.
Invocation.....Dr. A. S. Jackson
Song.....New Hope Choir
Introduction of Dr. M. M. Carrick, Member Speakers' Bureau American Medical Association.....Dr. P. M. Sunday
Lecture—"A Fight For the Good of the People".....Dr. M. M. Carrick
Song.....New Hope Choir
Oral Hygiene.....Dr. M. C. Cooper
General Discussion—Led by Pastor A. S. Jackson.

DR. P. M. SUNDAY, Chairman.

HEAR

Judge Quentin D. Corley

At New Hope Baptist Church,

corner San Jacinto St. and Central Avenue.

Sunday Afternoon, March 21, '15, at 3 O'clock

At Big Mass Meeting for Texas Normal Industrial Institute for Colored Youth. Second Anniversary, in connection with the Great Health Week Meeting. Other prominent speakers will also address the meeting. Everybodv invited

CO-OPERATE FOR BETTER HEALTH

The Journal and Guide 3/27/15:

Seventeen Hundred Attend Enthusiastic Mass Meeting At Hampton

FOR BETTER RACE FEELING

Health And Education In Relation To Welfare of White

Health

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And Colored Discussed

(By Wm. Anthony Aery.)

Hampton, Va., March 24.—Nearly 800 colored people of the Lower Peninsular, exclusive of the 900 Hampton Institute students, attended the mass meeting called by the Negro Organization Society of Virginia and held in the Normal School Gymnasium on Sunday afternoon.

Health and education in relation to the welfare of white and colored people were frankly discussed by leaders in the colored organizations of Elizabeth City County—religious, fraternal, musical, literary, buisness, school improvement—and by other men and women who believe in co-operation for better homes, better schools, better farms, and better health.

Working for the Common Good, Dr. George P. Phenix, vice principal of Hampton Institute, in his address of welcome, referred to Dr. Frissell's devoted years of service in trying to get people to work together for human progress.

Isolation and lack of progress, he pointed out, go hand in hand The aim of the Negro Organization Society, an organization of organizations to promote the common good, he declared, is that of the best people in the United States.

This society brings colored people into helpful contact with the best white people and it also give the white men and women an opportunity to be of genuine help to colored people.

RACIAL CO-OPERATION

President R. R. Moton said that although secret societies among colored people commonly ridiculed, they, nevertheless epxress a grouping of the Negro race toward real co-operation. The secret societies, aside from helping their own members, make liberal contributions to enterprises outside their immediate interests.

Today there are over 150 Negro organizations in Elizabeth City County. The aim of the Negro Organization Society is to get all these associations to work together to improve their own conditions. The presence at Hampton Institute of so many officers and members of these colored organizations showed how thoroughly co-operation is being carried out.

The white and colored people of Virginia have already rendered the Negro Organization Society marvelous support. Common sympathy, said President Moton, has with better understanding of the common interests of the race and working for the co-operation of mankind has been taking the place of racial antagonism.

RAVAGES OF CONSUMPTION

Miss Agnes D. Randolph, executive secretary of the Anti-tuberculosis Association of Virginia, referred to the hard fight which the State Board of Health is making to eradicate communicable diseases. Virginia is very active in fighting typhoid, malaria, hookworm, and other diseases which cause needless illness and premature death.

Miss Randolph declared that there are today in Virginia 25,000 consumptives. Of this number, 16,00 are colored. While inadequate provision is made by the State for white consumptives, no provision outside of the penitentiary and insane asylum has as yet been made for colored victims of the white plague.

Virginia has been handicapped by poverty and has not wilfully neglected the colored people, said Miss Randolph.

"Ignorance and poverty go hand in glove with tuberculosis," said Miss Randolph. While the white race in Virginia has had more opportunity of fighting consumption, there is still a vast need of educating the public and thus preventing the spread of this disease, which claims throughout the world a victim every minute of the day and night.

Housing, said Miss Randolph, influences the spread of consumption. Children must be taught the deadliness of the germs and the value of cleanliness, good food, and plenty of pure air.

"TAG DAY, MARCH 27

There is a plan on foot for the raising of money by colored people on March 27, by the sale of tags, for the purchase of a farm on which the state will build a sanitorium for colored consumptives.

Miss Randolph made a strong plea that the colored people themselves should do their best to raise $3000.

A collection was taken at the Sunday evening chapel service at Hampton Intitute and $47 were given for this work. In this collection the Hampton students had a part.

WHAT NEGROES CAN DO

Col. W. S. Copeland declared that all decent people stand on the common platform of one standard—namely, personal purity. Hence the best white people are favorably disposed to any movement on the part of colored people which aims to secure cleanliness of body, mind and soul.

What is the attitude of the Negroes of the clean-up movement? This is the important question, he said, which the colored people must answer. Of course, the white people favor anything that tends to make men and women strong and clean. Colonel Copeland said in part:

Health is contagious. Sound public opinion is the most contagious thing in the world. Let there be a clean sweep. Sweep up and sweep out the cesspools and the contagion of unrighteousness.

TEACHING NEGROES TO LIVE

Rev. Dr. Charles S. Morris, pastor of the Bank Street Baptist Church, Norfolk, delivered a powerful address on "The Meaning of the Organization Society."

The black man in Africa has a genius for dividing.

Through ceasless war he was weakened and finally enslaved. Now in America, the Negroes are learning how to work together to secure race progress.

The Negro, as shown in the appalling figures for the Negro death rate offered by Dr. W. E. Atkins of Hampton, has a genius for dying. Dr. Morris urged the colored people to spend their energy into learning how to live. He declared that a people having so much native physical stamina need not die.

The Negroes, said Dr. Morris, need to have information concerning diseases and care of their bodies. They need to know more about the dangers of intemperance, excesses, impure air irregular habits of eating and resting. They need to know more about proper methods of caring for their houses and their babies. He made a strong plea for better homes, and for better mothers who will build and protect homes. He showed that Negroes in the cities die like sheep. They are destroyed for lack of knowledge.

Dr. Morris referred to Senator Martin's recent successful effort in saving for Howard University in Washington an appropriation of $101,000 which will be used to help train colored leaders for service to their race and the white people.

HEALTH MEETING IN ZION

The New York News 4/1/15

Largely Attended Conference in Harlem Addressed by Society Officials and Local Practitioners.

There was an interesting and profitable better health mass meeting in Harlem at Mother Zion A. M. E. Church on last Thursday evening.

Rev. J. A. Brown, pastor of the church, presided. Mr. Rex Noble-Whaley of the Charity Organization Society opened the meeting by an address on tuberculosis. Afterwards there was an open discussion on the subject by many persons in the audience.

Dr. Gertrude Curtis, the well-known dentist, in well-chosen remarks, emphasized how much the health of the entire system, and particularly the stomach, depended upon the simple but painstaking care of the teeth.

F. C. Meyer of the Child Welfare Committee and Dr. R. A. Taylor made the closing addresses.

Health Week—1915

Health Hints

By Dr. Lloyd E. Bailer

The Kansas City Sentry 3/15/15

A weekly discussion of Hygiene and Sanitation, First Aid Measures and Preventive Medicine. Questions will be answered but no diagnoses nor prescriptions will be given in this column.

NATIONAL NEGRO HEALTH WEEK
March 21-27.

Burton Rogers says: "It is all right to honor our ancestors and to observe certain days that are set apart to commemorate their deeds. But in these days of concentration of time and effort, why not let our ancestors rest in peace and set aside a few days for the noble purpose of bettering the conditions in which we live, and those that will surround our descendants.'

Such is the expression of one of the agitators in a movement for public health days to be set aside by the Presdent of the United States, together with the governors of states and mayors of cities, for the promotion of hygiene and sanitation and the prevention of disease.

While this movement is still in the embryo with the dominant race, a similar movement, among our people, is now pulling its wings from the cocoon in the first National Negro Health Week, which begins March 21, 1915, and which will be observed annually hereafter. The credit for this distinction of priority which we enjoy is due the united efforts of the National Medical Association—a national organization of negro physicians and surgeons—and Dr. Booker T. Washington, who has organized the movement with headquarters at Tuskegee.

Society, in all its phases, is rapidly and surely coming into a proper estimate of the value of health. Capitalists have realized that loons and mortgages—all other things being equal—are safest when made to persons in good health. Great corporations have learned that health has a cash value in business and are expending large sums of money in safeguarding the health of their employes, not only at work but at home. In a word, it has been discovered that health is a prerequisite to efficient service in any capacity.

If it is a vital necessity to society in general, it is, then, a vital necessity in the superlative degree to us. Racial health statistics point out that at all seasons of the year too large a percentage of our wage earners are confined to the sick bed, and, consequently, kept from work. They also show that too large a percentage of our people die annually ,from tuberculosis, pneumonia and organic diseases of the heart and kidneys, and that we have a higher death rate than the other race.

These conditions can and must be bettered, for they are as big and broad as the race problem itself, and will stand as a formidable barrier to racial progress until they are remedied. Out of the full realization of this fact has come the National Negro Health Movement which has set aside a week to be devoted annually to the betterment of health conditions among the people.

Another reason for bettering the health and decreasing the death rate among us is to place the race in a position to demand lower life insurance rates. It is to our credit that we have seen the value of life insurance in the accumulation of wealth, and that we pay millions of dollars annually to this end. The pity is that we are charged a higher rate than other people because statistics show that we have a higher death rate. The same amount of money, paid to the insurance companies at a lower rate, would add millions of dollars to the total value of policies held by us, and would make a like addition to the aggregate wealth of the race.

Let us not forget, also that pressing social conditions, closing in upon us from all sides, demand our best qualities, not only of spirit but of mind and body as well. Grappling, as we are, in a life and death struggle against discrimination and exclusion from the pursuit of honest toil, driven from one occupation to another by the beast of modern industrialism, we must have both health and courage to survive.

One of the first principles of hygiene is cleanliness, not only of one's person but of one's habitation. So it is altogether fitting and proper that the first health week should be designated as "clean up" week, and that the people be instructed and urged to open the doors and windows to let in the air and sunshine, sweep and clean, wash and scrub and boil, varnish and paint and whitewash. Specific instructions have been issued from headquarters and appear elsewhere in this issue of the Sun. There are some who laugh at the idea, but they are of the half that knows not how the other half lives, nor do they appreciate the crying need of such measures among the people in general. It is, therefore, to be hoped that this worthy movement receives the indorsement and active support of those persons and organizations—the press, churches, schools, lodges, clubs, etc.—best in a position to foster it, and that the good people everywhere will sanction it with their hearts and their hands.

WHAT TO DO CLEANUP WEEK.

If one is in doubt as to what to do cleanup week, a prepared program is in formation which gives enough points to entertain even the most thorough domestic economist. From March 21 to 27 is the time set to be known as Health Week, a suggestion by the National Business League and Dr. Booker T. Washington.

The movement to observe the week became at once popular throughout the country. The week was suggested several weeks ago. Since that time much valuable information has been set forth by the Negro press bearing on poor health conditions and the consequences. Thoughtful men and women everywhere, have long since been impressed with the necessity of changing these conditions. Poor surroundings, poorly kept houses have been more or less a badge of our race. A Negro home, in the past, was known at sight of the premises. It is still very often the same way. The unsightliness has its own bad influence. It makes for undesirable neighbors and neighborhoods. Beyond this is the disease-breeding conditions which not only means sickness and premature death; they mean the loss of money through higher insurance rates. Then ethically considered, from the viewpoint of culture, it is the thing to live as shipshape as possible. Some say that cleanliness is next to godliness. This puts it rather high. Even if all of that is not meant, nevertheless, the importance of cleanliness is meant, and which should be a never ending theme.

The ancients, Grecians and Romans, were fanatics, one would say, about their baths. Some of them were said to have bathed as many as seven times a day. This may be an overstatement of what they really did. Or bathing may have been a fad. The people of quality spoke of going to the bat's as we speak of going to the moving picture shows—in that same familiar, everyday sense. They were more like social centers. Through it we get this one conclusion, at any rate, that those people thought that cleanliness was next to godliness, building better than they knew, perhaps. It is reasonable to think that they had no well defined ideas, if any at all, about germs and the other death-dealing allies. We are having the benefit of experience and direct information about the things and conditions that assault our health. We will be very unwise if we do not profit by this experience and information.

Following is the program sent out by those who suggested the Health Week:

1. Move out and burn up all unnecessary rubbish and all unused old clothing and waste. Move, dust and clean well all pictures, furniture, drapery, carpeting, bedding, clothing, cooking utensils and all household ware. As far as possible, take all the furnishings of the house into the open air and sun them all day. If the day set aside for cleaning up is cloudy or rainy, do this on the next bright day.

2. Brush down the walls and ceilings of all rooms; scrub and clean thoroughly all the floors and woodwork of the house. In scrubbing the floors, use strong lye and hot water; in cleaning furniture and painted woodwork, use warm water and good soap. Do not use lye on anything that is painted.

3. Paint or whitewash the walls, ceiling and woodwork. Then thoroughly dry, air and sun every room, especially the bedrooms.

4. Give careful attention to the front and back yards, and under the houses, as these menace the health and comfort of your family as long as they remain untidy. Scrape off the worn surface dirt, level the walkways and paint or whitewash the fences and house. In whitewashing, use plenty of good lime and, to keep the whitewash from rubbing off, add one quart of salt to five gallons of whitewash.

5. Repair the stable, the barn and the hen-house. Whitewash them if you can and see that no filth remains in which flies can breed.

6. Look after the springs and wells and make sanitary the outhouses at schoolhouses and churches.

At no more propitious time could the National Negro Business League and the allied bodies have suggested the holding of a Negro health week celebration than this month, judging from the great amount of sickness which has been experienced in this city during the past fall and winter, and we are inclined to believe that what is true of Savannah is likewise true of other Southern towns. Not that conditions here have been worse this year than in the past, but because the amount of sickness in the community is apparently greater during the period of the year mentioned than at others makes the time selected by those in charge of health week very opportune. There in no subject which should so appeal to Negroes as one which treats of the physical condition of the human body. There are no people who should have the wholesome and sanitary methods of proper living more drilled into them than our people. We need all of the advice which can be given us as to the proper way of keeping soul and body together. We need good health, excellent health, to combat successfully the many problems which confront us in our struggle for existence. No more far reaching movement than health week could have been conceived by Dr. Booker T. Wasington and those who are associated with him in this effort to better the physical condition of the race by disseminating literature bearing on health and exhorting the leaders of the race throughout the country to awaken the Negro to the fact that he is both dieing too rapidly and payout too much of his meager earnings in doctor's bills, a condition which is in many instances caused by ignorance or intemperance of habit. In this city there are many angles from which the subject of health might be handled and proper information given the people which will be of invaluable service to them. Among them is the willingness and frequency with which our people give themselves over to quack or root doctors whenever ill. It is indeed one point of attack which needs immediate attention and if the observance of health week in this community did nothing more than point out to the unsuspecting Negroes who frequent quacks in their time of illness the fact that they are nothing more nor less than a body of beats, illegal practitioners, a menace to the community, and in many instances murderers in the broadest sense of the word, the celebration here would be well worth the time and effort

which are being expended in the preparation for the movement.

The holding of the National Negro Health Week throughout the country, specially in the South, March 21-28, should appeal to every Negro. The object of the movement is to improve the health of the Negro race by dissemination of literature which treats of subjects pertaining to health, by holding meetings in which the physical condition of the Negro is discussed by physicians and other persons who are conversant with the health conditions of the race and by witnessing health exhibits by experts, such as will be shown at the local Urban League headquarters. It is imperative that we do something to stem the present tide of mortality among us and there is no better way of beginning a campaign against the shockingly high death rate of the race than by generally observing health week. There is much wholesome advice on matters pertaining to health which many of us are ignorant of and there is no one so well informed along this line but that there is something more to learn about the proper upkeep of the body. The observance of the week here will bring forth much valuable information and it is hoped that each night's session during the entire week will attract large crowds. The discussions which will take place and also the exhibits should prove valuable to everyone interested in a sound and healthy body. It should be helpful to those of us who possess a robust physique and teach us how to retain good health; it should be a means of encouragement to those who are less fortunate and are suffering with bodies weakened by some ailment whose cure, perhaps, may be disclosed; it should be a help to young mothers who are rearing families and who are, perhaps, ignorant of the diseases most prevalent in this community, and, in general, it should prove a great benefit to the entire city, for after all the health of the whole community depends on the physical condition of every person in the community. We should show our appreciation of the observance of health week as held by the Urban League and take advantage of the many health topics discussed and the valuable exhibits which will be presented by the city health department. The high mortality of the race demands our strict attention to such matters as will be talked of during health week and we cannot afford to treat such vital matters with but passing interest.

The Savannah Tribune 3/6/15

LEADING CITIZENS ASKED TO PROMOTE HEALTH WEEK HERE

New York Age 3/11/15

Urban League Calls Conference on Hygienic Conditions Among Masses of City's Colored People at Request of Business League

MOVEMENT IS NATIONWIDE

National Health Week From March 20 to 27 to Be Observed in New York By Series of Meetings Planned to Arouse Race.

The National League on Urban Conditions is co-operating with the National Negro Business League in the observance of a National Health Week from March 21 to 27. The League has called a meeting for a committee of citizens to be held at its office, 2303 Seventh avenue, on Thursday evening of this week.

Sunday, March 21, is to be a day of prayer for better health conditions. Pastors of the colored churches are being requested to speak on some phase of better health and prevention of disease and to pray especially for improvement in the general health of the people of the land.

Meetings with various authorities on health as speakers are to be held in various sections of the city during the week.

The persons invited to become members of the citizens' committee are: Dr. Gustavus Henderson, Dr. York Russell, Dr. Allen B. Graves, Dr. Leo Fitz Nearon, Dr. Richard A. Taylor, Dr. Roland R. Johnson, Dr. Owen M. Waller, Counsellors James L. Curtis, Wilford H. Smith, Philip M. Thorne, Julius L. Mitchell, Messrs. Fred R Moore, George W. Harris, Lester Walton, Lucien H. White, John E. Robinson, Revs. H. C. Bishop, W. H. Brooks, Wm. P. Hayes, W. Stephenson Holder, Alexander Walters, Wm. M. Moss, Geo. Frazier Miller, C. P. Cole, Wm. C. Lawton, B. W. Arnett, Messrs. Allen D. Wood, Daniel P. Agard, John M. Royall, John E Nail, James W. Johnson, Mesdames Reverdy C. Ransom, Cecilia H. Cabaniss, A. S. Reed, Rosa McClendon, C. Franklin Taylor, Wm. F. Trotman, Chas. W. Anderson, Mary Bayne, J. C. Thomas, H. L. Ferrell, Dr. Gertrude Curtis McPherson, Mrs. E. E. Green, Miss Elizabeth Frazier, Miss Madge Headley (Tenement House Committee), Miss Ida A. Morgan, Miss Elizabeth Pfeffer, Chas. F. Powlison, Dr. Addison M. Beard, John J. Murphy, J. Rosamond Johnson, Dr. V. Morton Jones, J. G. Franklin, Dr. Charles H. Roberts, Dr. Frederick Brush, Mrs. James Anderson, Edgar Parks, Mrs. Eugene M. Gregory, Mrs. Wm. H. Baldwin, Jr., L. Hollingsworth Wood, Dr. E. P. Roberts, Dr. A. Clayton Powell, Abraham Lefkowitz.

NATIONAL NEGRO HEALTH WEEK.

The National Negro Health Week, which was held March 21-27, is another demonstration of the ability of the colored people of the country to co-operate in a movement for their own betterment. This National Negro Health Week also demonstrated how both races, North and South, can get together anr work in a movement for the general uplift of the colored people. Never before has there been such a widspread co-operation of the races in a movement for the general good.

When it was proposed to have a National Negro Health Week there was some doubt, although the need of such a movement was urgent, as to whether the colored people would generally co-operate in this effort for their improvement. With the bishops of the several denominations and the ministers taking the lead ,there was a general observance by the people throughout the country of health week. Several of the bishops wrote special letters to the ministers in their dioceses urging upon them the importance of their co-operation in this much needed movement for the improvement of the health conditions of the people. The Star of Zion, the official organ of the African Methodist Episcopal Zion church, got out a special health week edition. The Christian Recorder, the official organ of the African Methodist Episcopal church, made its issues of March 25th and April 1st special health editions.

The educational boards of white denominations who are working among the colored people in the South, such as the American Missionary Association, the Baptist Home Mission Society and the Freedmen's Board of the Presbyterian church, gave their hearty co-operation to the movement.

The health department of every Southern State, of many of the cities in the South, large and small, and of several cities in the North, lent their active assistance to this movement. By means of literature, lectures, and in other ways, these health departments did much to make the National Negro Health Week a success.

The State Departments of Education of Arkansas, Tennessee and North Carolina also assisted in the movement. The State Rural Supervisors of Negro schools in these States sent out circular letters to the county superintendents urging upon them to see that the colored teachers under their charge assisted the people in observing health week.

The leading white papers of the South gave publicity to the movement. Many of them wrote strong editorials in which the importance of improving health conditions among the colored people was especially emphasized. Attention was also called to the fact that disease knows no color line and that it was equally as important to the South to have black people healthy as it was to have the white people healthy.

How Health Week Was Observed.

At Wheeling, W. Va., Health Week was under the charge of the local association of colored physicians.

At Chicago the colored physicians also took the lead and opened Health Week on Sunday evening, March 21, with a mass meeting at Bethel A. M. E. church, at which addresses were given on health topics.

At Atlanta, Ga., the observance of Health Week was under the auspices of the Young Men's Christian Association and the Colored Board of Trade. A mammoth mass meeting was held on Sunday afternoon, March 21, at the Odd Fellows' Auditorium. Dr. Claude Smith, of the Anti-Tuberculosis League, and Dr. Thomas Slater, City Bacteriologist, were among those who spoke at this meeting. During the day the ministers in the several churches preached health sermons. On Tuesday, March 23d, all the children in the colored schools were, at the order of Superintendent of Schools Slaton, assembled in the colored churches nearest to their respective schools where they listened to talks on health subjects.

In New York City it is reported that never before was so much interest manifested in a movement as in the observance of Health Week. Men and women in all walks of life took keen interest in the movement. Besides the wide advertisement through the colored press of the city, there were thousands of cards and circulars distributed, urging the race to observe the week. Among the notices that attracted the greatest attention was a card prepared by the City Health Department which stated that 25 out of every 100 persons who died in New York last year were Negroes. March 22d a large mass meeting was held at the Mt. Olivet Baptist church on West 53d. Among the speakers on this occasion were: Dr. Martin, of the City Board of Health, and Dr. F. C. Meyer, of the Child Welfare Committee. During the week a series of conferences which had for their object the study of the health problem of the Negroes of New York City were held.

At Okolona, Miss., the people were thoroughly organized for the observance of Health Week. In each ward there was a special committee to see that the people thoroughly cleaned up their premises.

The city of Selma, Ala., declared March 24th as Clean-up Day and put at the disposal of the people all the resources of the sanitary department. It is said that Selma was cleaned up better than it had ever been before.

At Dallas, Texas, the Health Week was under the auspices of the local medical association. An effort was made to hold a meeting during the week in every colored church in the city at which some one of the physicians gave an address on a health topic.

At Savannah, Ga., the Health Week observance was under the auspices of the local National League on Urban Conditions among Negroes in co-operation with the city health department and the local colored medical association.

Among the notable meetings held during Health Week was the Public Health Conference of the colored people of Maryland. This conference was under the auspices of the Medical and Chiurgical faculty of Maryland, the colored state Medical Pharmaceutical and Dental Association, and representative white and colored citizens of Baltimore and the state. In connection with the conference a health exhibit was prepared, and each evening moving pictures showing conditions that are disease-breeding, as well as those which make for health were exhibited. Principal Booker T. Washington delivered a notable address at the opening session of the conference, March 24th, on the importance of the conservation of Negro health. This conference had for its special purpose the arousing of the colored people of Maryland to make a persistent fight against tuberculosis, and, also, to call to the attention of the public how little provision is at present made by the state for Negro tubercular patients.

HEALTH WEEK PROGRAM AT DEXTER AVE. BAPTIST CHURCH.

The Colored Tribune 3/21/15

Prominent physicians will discuss vital questions.

In many respects we see evidences of the observance of Colored Health Week here in Montgomery among our people. A health program was observed at Montgomery Industrial School for girls last monday night, Miss White and Miss Beard Principals. Many of our people have been cleaning their homes and premises and we are sure much has been done to advance the great cause of Health. At the Dexter Ave. Baptist Church Sunday night March 28th, a Health program will be observed. The program was arranged by the ladies missionary society, Mrs. W. J. Reynolds president, Mrs. Dr. D. H. C. Scott chair. program committee.

PROGRAM

Devotions. Scripture Reading Prayer. Congregational Singing Vocal Solo:

Miss Bertha Loveless

Dissipation as cause of disease, Dr. R. T. Adair.

Ventilation; Dr. J. A. DeRamus.

Dral Hygiene, Dr. W. F. Watkins, Dentist.

Infant Mortalitys, Dr. Daisy L. Northcross.

Proper Nourishment Dr. D. H. C. Scott.

The above addresses will be confined to 5 minutes. There will be a short sermon on Health by Pastor R. C. Judkins, D. D. Quartette selected from the choir.

Health Week—1915

March 21st a Day of Prayer for Better Health Conditions

In response to numerous calls for suggestions as to how National Negro Health Week may be observed, the following for the first day—Sunday, March 21st—has been issued by the Executive Committee of the National Negro Business League, Dr. Booker T. Washington, President. Specific instruction for observing the other days of Health Week will be published in booklet form and distributed at an early date.

In order that the people may enter heartily into the movement for better health and to the end that the program may be effectively carried out, it is suggested that the ministers of all the colored churches throughout the nation, set aside the Third Sunday in March—the 21st—as a "Day of Prayer" for better health conditions on this day a special health range to preach on this day a special health sermon to his congregation.

In addition to this, each minister is requested to arrange, wherever possible, appropriate services which shall include a discussion of local health conditions and any other matters which in his judgment will make the Clean-Up Week a success.

Clean-Up Committee—It is further suggested that each community have a Clean-up Committee which shall investigate the conditions which menace the health of their community, arrange the program to suit these conditions and then see that the program is carried out and that the community is thoroughly and systematically cleaned.

In cities and communities where there is designated a date other than March 21st to 27th for general cleaning, it may be well for the colored people in such cities and communities to arrange for their cleaning, it may munities to arrange for their cleaning to be done on that date. These suggestions are submitted for cities and communities where Clean-Up Week has been designated.

Why An Entire Week—An entire week is set apart so that in case of cloudy or rainy weather, the first fair days may be used to do the cleaning.

Baltimore Md American

HEALTH CONFERENCE PLANS

Executive Committee on Colored Meeting Completes Arrangement.

Representatives of every colored organization and many prominent physicians of this city, attended the final meeting in the Medical and Chirurgical Building of the executive committee on the Colored Public Health Conference, to be held next Wednesday, Thursday and Friday, in Bethel African Methodist Episcopal Church, Lanvale street and Druid Hill avenue. An elaborate program has been arranged by the committee.

On the three days of the conference public health exhibits will be on view from 2:30 until 8 P. M., and moving pictures will be shown from 7 to 8 P. M. The following will speak: Wednesday—Governor Goldsborough, Dr. Booker T. Washington, and Dr. William H. Welsh, of Johns Nathan R. Gorter, Mayor James H. Preston, Councilman Harry S. Cummings, Dr. Harry S. McCard, Dr. J. Hall Pleasants and Miss Eleanor Jones, superintendent of tuberculosis nurses in Baltimore. Friday—Dr. E. V. Fitzgerald, Dr. W. E. B. DuBois of New York, editor of the Crisis and Dr. Howard E. Young, who will speak on Food Adulteration. Other speakers will be Dr. W. H. Wright, Dr. Harry F. Bond, and R. C. Powell, secretary of the Maryland Society for the Prevention of Tuberculosis.

Improving Negro Health

That the mortality rate among the colored population is vastly higher than among the whites has long been known. But efforts to learn the cause and to remedy the trouble have not yet gone very far. The New York Department of Health, however, is going into that task with an energy that promises good results.

It is taking up the task with the coöperation of various colored civic organizations, all under an impulse given by Booker Washington and the National Negro Business League. It is generally understood that this heavy death rate is the result of ignorance as to the most sanitary methods of life and the care of ailments in their inception. For example two types of disease are notable for abnormally large death rates among the colored people. These are infant mortality and tuberculosis. But in both of them it has been shown that right methods of living and care in the treatment of the disease can produce a notable saving of life.

This work of training the Negroes to the style of life that will lower mortality is eminently notable in itself. But it is even more so with regard to its effect on the whites. Living as they do close to us even when segregated, they cannot convert their quarters into breeding-places for disease without enlarging the danger of infection for the white population. It is to be hoped that the New York effort to improve that evil will be successful and widely copied.

TO PREVENT DISEASE AMONG COLORED RACE

'Clean-Up" Week to Be Observed Beginning on March 21.

Richmond, Va., March 11.—The State-wide "clean-up," which is to be undertaken by the colored people of the State during the week of March 21, is to be accompanied this year by a general appeal at the same time in behalf of the proposed sanatorium for the colored consumptives. In all the colored churches, when the clean-up day literature prepared by the State board of health is distributed, the ministers and speakers are to enlist support for the plan to build an institution in which can be housed and treated the advanced cases of tuberculosis which are believed to be responsible for the rapid spread of consumption among the negroes. Elaborate preparations are being made for clean-up week, which is endorsed by the State health authorities, an dis regarded as of no small importance in the popular education of the colored element in the prevention of disease.

CLEAN-UP CAMPAIGN.

Special to The Advertiser.

GREENVILLE, ALA., April 6.—Clean-up campaign has opened up in earnest in Greenville, and the citizens are lending their co-operation with the promoters of this movement, and also to the sanitary department of the city of Greenville.

PROVIDENCE, R. I., TRIBUNE
APRIL 7, 1915.

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